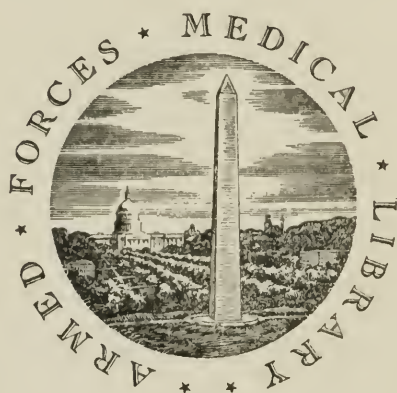


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
WASHINGTON, D.C.

THE
BOOK OF HEALTH;
A COMPENDIUM
OF DOMESTIC MEDICINE,
DEDUCED FROM THE EXPERIENCE OF
THE MOST EMINENT MODERN PRACTITIONERS;
ENTIRELY DIVESTED OF TECHNICALITIES AND RENDERED
FAMILIAR TO THE GENERAL READER :
INCLUDING
THE MODE OF TREATMENT FOR DISEASES IN GENERAL ;
A PLAN FOR
THE MANAGEMENT OF INFANTS AND CHILDREN ;
RULES FOR THE PRESERVATION OF HEALTH ;
AND FOR
DIET, EXERCISE, AIR, AND THE PREPARATION OF FOOD ;
REMEDIES IN CASES OF ACCIDENT AND SUSPENDED ANIMATION ;
RULES FOR PREVENTING CONTAGION ;
A TABLE OF POISONS
MOST FREQUENTLY TAKEN, WITH THE SYMPTOMS, AND DIRECTIONS HOW
TO ACT WHEN MEDICAL AID IS NOT AT HAND.
A DOMESTIC MATERIA MEDICA, &c. &c.

FIRST AMERICAN, FROM THE SECOND LONDON EDITION ;
REVISED AND CONFORMED TO THE PRACTICE OF THE UNITED STATES,
WITH ADDITIONS BY A FELLOW OF THE MASSACHUSETTS
MEDICAL SOCIETY.

"It would be highly advantageous to the Public, and likewise to the best part of the Medical Profession, if the predispositions and occasions of Disease were made a portion of the education of every gentleman."

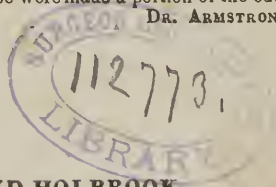
Dr. ARMSTRONG.

——
Boston:

RICHARDSON, LORD AND HOLBROOK,

No. 133, Washington Street.

1830.



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DISTRICT OF MASSACHUSETTS, TO WIT:

District Clerk's Office.

BE IT REMEMBERED, that on the twenty-eighth day of April, A. D. 1830, in the fifty fourth year of the Independence of the United States of America, RICHARDSON, LORD AND HOLBROOK, of the said District, have deposited in this Office, the title of a book, the right whereof they claim as proprietors, in the words following, to wit:—

“The Book of Health; a Compendium of Domestic Medicine, deduced from the experience of the most eminent Modern Practitioners; entirely divested of technicalities and rendered familiar to the general reader: including the mode of treatment for diseases in general; a plan for the Management of Infants and Children; rules for the preservation of Health; and for Diet, Exercise, Air, and the Preparation of Food; remedies in cases of accident and suspended animation; rules for preventing Contagion; a Table of Poisons most frequently taken, with the symptoms, and directions how to act when medical aid is not at hand. A Domestic Materia Medica, &c. &c. First American, from the Second London edition; revised and conformed to the practice of the United States, with additions by a Fellow of the Massachusetts Medical Society.

“It would be highly advantageous to the Public, and likewise to the best part of the Medical Profession, if the predispositions and occasions of Disease were made a portion of the education of every gentleman.”

DR. ARMSTRONG.”

In conformity to the Act of the Congress of the United States, entitled, “An Act for the encouragement of Learning, by securing the copies of Maps, Charts, and Books, to the Authors and Proprietors of such copies, during the times therein mentioned:” and also to an Act entitled, “An Act, supplementary to an Act, entitled, “An Act for the encouragement of Learning, by securing the copies of Maps, Charts, and Books, to the Authors and Proprietors of such copies, during the times therein mentioned; and extending the benefits thereof to the Arts of Designing, Engraving, and Etching Historical, and other Prints.”

JNO. W. DAVIS, { Clerk of the District
of Massachusetts.

PREFACE.

So many Works have appeared on the subject of Domestic Medicine, since the publication of Buchan's well-known treatise, that some apology seems necessary for venturing on so beaten a track. If, however, the productions of authors, who have endeavoured to enlighten unprofessional readers on medical subjects, be examined, it will generally be found, that they are too scientific, or too diffuse, to answer the purpose ; and that, in most cases, they merely present the limited experience of an individual practitioner. To remedy these deficiencies is the object of the present work, which, though far less bulky in size than any of its contemporaries, will be found, by a comprehensive and economical mode of printing, to contain the same quantity of information, and that information of the very best kind, being deduced from the actual practice of the most eminent medical men of the present day.

While, on the one hand, it is admitted, that any attempt to supersede altogether, the physician, the surgeon, or the general practitioner, would be absurd, yet a knowledge of the incipient forms of disease, and the modes of treatment, must be of incalculable utility. Howard, the celebrated philanthropist, says, that "Every man must be his own physician ; he must prescribe for, and practise on, himself ;" —and the personal observation of every individual would shew, how desirable a knowledge of even the mere elementary principles of medicine would prove to him. Slight indispositions, and those of a more serious nature, are often marked at the commencement by simi-

lar symptoms ; and the general reluctance to call in medical assistance till the disease has assumed a more decided character, occasions many fatal results, which a timely application might have averted ; but it frequently happens that when the moment of accident or sickness arrives, persons are totally at a loss as to the best course to be pursued, and while the favourable crisis escapes, they do nothing, or employ,—ignorantly of course,—the worst possible means.

To supply the requisite information, to enable the patient or his friends to decide correctly on his symptoms and to prescribe with safety, this little volume has been composed. The correctness of its information may be relied on, for it presents the combined experience of the most celebrated practitioners ; and perspicuity has been so much studied, that all technicalities have been carefully avoided, and the plainest and most simple language resorted to throughout, the great object being to impart sound instruction, on the most economical plan, to a numerous class of readers.

PREFACE TO THE AMERICAN EDITION.



POPULAR works on medicine have found but little favour in the eyes of physicians. They have been supposed to create, in those who peruse them, an undue confidence in their own knowledge, and thus to prevent them from seeking, in time of need, medical aid as early as they ought to do. This is no doubt the tendency of most, if not all of them ; but the objection applies with less force to the present work than to any that has preceded it.

Its main object seems to be to preserve health by giving salutary directions with regard to diet, regimen and exercise, and to point out the symptoms of most diseases to which we are subject, not so much that the uninitiated in medical science may take the management of them into their own hands, as that they may be able to know when it is proper to seek the advice of a physician. This is certainly very important ; for it is conceded by all medical men, that more can be done in the first few hours or days of an acute disease than during all the rest of its progress.

The method of treatment is also given, partly no doubt because the work may fall into the hands of those who may not be within reach of a physician, and partly because it would have been very imperfect if it had been omitted. It cannot be denied, however,

that it enters more into detail in the management of disease than would be necessary for common readers, though this renders it much more useful to medical practitioners.

Its chief value, and certainly not a trifling one, is the fact that it embodies in a small compass the opinions of some of the most eminent modern physicians and surgeons of Great Britain, such as Drs. Baillie, Clutterbuck and Armstrong among the former, and Sir Astley Cooper, Mr. Abernethy and Mr. Lawrence among the latter. These opinions are usually given in their own language, and for the most part on points of great practical importance.

The *Table of Poisons*, with their attendant symptoms, and the mode of treatment when medical aid is not at hand, it is thought will be peculiarly useful, as it not unfrequently happens where they may have been taken that no such aid is to be had, and where if IMMEDIATE remedies be not applied, the person may be irretrievably lost. But if, in the confusion of such a moment, this table is at hand, the remedy may be at once resorted to and the patient saved. The same remarks will also apply to the directions given for procedure in cases of *Suspended Animation*, from drowning, lightning, hanging, &c.

Great care has been taken throughout, not to recommend in any case medicines or a course of treatment which may be considered dangerous or doubtful in the result; on the contrary cautions are constantly given *against* the use of them and recommendations in all cases of doubtful or critical character, of immediate recourse to medical aid.

Boston, April, 1830.

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THE BOOK OF HEALTH.

PART I.

ON DIET AND REGIMEN.

THE importance of the subject of Diet, and its immediate application to the health and comfort of every individual, are too well known to require comment. Errors in diet are the great source of disease; amendment of diet is the basis of recovery. Medicine may relieve, or suspend, the majority of diseases; but medicine can never cure without the aid of regimen.*

With very few exceptions, animals take food at intervals, and retain it in their stomach for a considerable time, where it undergoes a change, which constitutes the function of digestion,—the first step in the general process by which animal matter is formed. The human stomach resembles a very large leathern bottle, and is capable, in the adult, of containing upwards of three quarts of water, and has two openings; the superior opening is connected with the gullet, and the inferior descends somewhat into the cavity of the first small intestine. The stomach is amply furnished with nerves from each nervous system, whence arises its great sensibility, by which it is so readily affected by all kinds of stimuli, whether external or internal. The gastric juice is the principal agent in di-

gestion; it penetrates, in every direction, the alimentary mass, alters its inward composition, and imparts to it qualities very different from those which it possessed before this mixture took place. The food taken in remains for a longer or shorter time in the stomach, according as it yields more or less readily to the changes it has to undergo; and in order to facilitate the menstrual power of the gastric juice, various substances have been recommended; viz. sea-salt, spices, mustard, scurvy grass, horse-radish, capers, wine, spirits in small quantities, old cheese, sugar, several bitters, &c. During health, the stomach does not transmit the digestible parts of the food before they are converted into a pulp, which usually passes the lower orifice of the stomach, between three and six hours after the food is taken. The bile is secreted by the liver, and separates itself into two portions, the one serous, the other resinous; the latter combines with the excrement, tinges, and is discharged with it; the former is probably carried back to the blood. Healthy bile is of a yellow-green colour; of a plastic consistency, like thin oil; and when very much agitated, it will froth like soap and water: its taste is bitter, and its smell is somewhat like musk. The food, being changed by a series of decompositions, applies itself to the organs of nutrition, and this function may be considered as the completion of assimilation. "But,

* "I say it is horribly absurd, and I have no patience to hear and see what I do, as if medicine could cure a disease. Now, what are medicines? They are the means which we employ to correct faulty actions in the various functions of the body."—*Mr. Abernethy.*

digestion, though it effects a decomposition of our food, and a recombination of its parts, is not a chemical process. Digestion is a vital operation, which is evident from all its phenomena. The arteries of the stomach and intestines act with increased energy; the muscular tunic is irritable, and the sensibility of the whole apparatus is augmented."*

DIET.

WHEN it is considered how much depends upon the selection, preservation, and right ordering of our food, it will cease to be matter of surprise, that more than an ordinary share of experience is requisite to adapt it to the purposes of the animal economy. All food is either of animal or vegetable origin; and as the nourishment of all animals can be traced to the vegetable kingdom, it becomes evident that the principle of all nutrition exists in vegetables.† In the stomach, vegetable food generally displays a tendency to ascendency, while animal food tends towards putrefaction.‡ Facility of solution is easily gained from vegetable food; but heaviness is the consequence of a quantity of that of the animal, and is a much longer time under the action of the digestive system. The combination of a vegetable and animal diet is best suited to preserve a perfect state of health and strength. In hot climates, a

vegetable diet may be carried to a great extent without injury; while the northern nations almost entirely subsist on animal food. Those who use much bodily labour require a greater proportion of animal food than those who are mentally occupied; for, whoever would keep his mind acute and penetrating, should rather exceed on the side of the vegetable. In the first stage of life, (as far as regards the strength of the body,) animal food is scarcely ever necessary for this purpose;* in manhood, when exposed to active scenes, it is more appropriate; and even in the decline of life, some portion is necessary to maintain the vigour of the body. "During the period of growth, (observes an able writer,)† the nutritious quality of aliment is especially important: a mild diet is most suitable for children. The most scrupulous attention to temperance and simplicity of diet is demanded in the middle period of life. Age requires food in small quantity, but it must be nutritious and soluble. At every period, and in every state, the diet should be accommodated to the power of the digestive organs. This is considerably reduced in the advance of life; and the work allotted to it should be proportionately small, and of easy execution." There are some diseases which are aggravated by the use of animal food; among the most remarkable may be mentioned the gout, which, when in the system, and does not make its appearance with inflammation in the extremities, is attended with pernicious effects by its attacks upon the stomach, head, lungs, &c. The quantity of food necessary for different persons must greatly depend on their habits, and on the state of the stomach itself. The appetite is generally the best indicator of health; satiety is the natural consequence of repletion, and before this takes place, the stomach gives timely

* "Diet and Digestion," by C. T. Thackrah, Esq. surgeon.

† Dr. Cullen observes, that "though there is, perhaps, no vegetable which does not afford nourishment to some species of animal or other, yet, with regard to mankind, a very considerable distinction is to be made. Those vegetables which are of a mild, agreeable taste, are proper nourishment; while those of an acrid, bitter, and nauseous nature, are highly improper."

‡ The world is indebted to M. Lowitz, of Petersburgh, for the discovery of the properties of charcoal to restore sweetness to flesh beginning to be tainted, as also for the means of purifying water. Tainted meat can be recovered by being immersed in oxymuriatic acid gas.

* See the article "Management of Children."

† Mr. Thackrah on "Diet and Digestion."

notice. The strong, robust, and active require a larger quantity of food than the weakly and delicate. Women require less solid food than men; and every one should take a smaller quantity in summer than during the cold in winter. During the time of disease, the greatest care is necessary;* "for it is impossible (says Dr. Armstrong) to sustain the strength of a patient in fever, by strong food; you might as well try to build up a house in flames;" and the same distinguished physician refers the causes of relapses principally to excess in diet and drink.—The periods for eating deserve some attention. The habit which leaves the great bulk of the day without a meal, and then crowds two or three together, is manifestly bad. Heavy suppers are improper; they cannot be digested before bed-time, and the operation of the stomach must be imperfect when the nervous functions are reduced or abolished. Three or four meals during the day, at regular intervals, will generally suit the digestive organs.—The natural or healthy appetite is satisfied with the most simple diet; the artificial appetite can only be excited by highly-seasoned dishes, pickles, sauces, &c.; and the habitual appetite accustoms itself to take food at stated periods, without feeling the least relish. It has been truly observed, that "temperance is the best physician;" and it is worthy of remark, that there is a peculiar power in the stomach to select the nutritive parts from those which are baneful, and to secrete these alone into the system for the purpose of supplying the waste of the animal economy.

SELECTION OF FOOD.†

ANIMAL substances are generally safe articles of food; and the flesh of full-

grown animals is much more digestible and nutritious than that of their young; and as it respects the larger animals, this rule is without an exception. In proportion, generally, to the age of an animal, the flesh, is coarse or delicate; but, the beef of the larger breed of oxen is always preferable. Beef and mutton are more easily digested than veal or lamb; yet it is sometimes proper to give the preference to the latter, in the case of patients who are convalescent from acute diseases. It is considered in chronic diseases and in health, that a solid diet is more digestible, and better than a fluid one; but, in acute diseases, it is the reverse. Generally speaking, the flesh of tame animals is more wholesome than that of wild, the flesh of quadrupeds than birds, and that of birds than fishes. All salted meats are difficult of digestion, and therefore, may be considered as unwholesome. The animals most commonly used for the purpose of food, are the common bull and cow, the sheep, the calf, the lamb, the common stag, the fallow-deer, the domestic boar and sow, the hare and rabbit, the turtle, and various kinds of birds and fishes. The flesh of the ox is a nourishing food, and constitutes a considerable part of the diet of Great Britain. Cow-beef is not so tender or nourishing as ox-beef; and the flesh of the bull has a disagreeable smell, and is difficult of solution in the stomach. The flesh of the calf is less nutritious than that of the grown animal: it is tender, but not easily digested, and is highly improper in all stomach complaints. Patients convalescent from an attack of fever, and those who have a disposition to bleeding from the lungs or elsewhere, may be al-

* See the articles "Inflammation," and "General Directions for the Treatment of Fever."

† "A man's own observation, what he finds

good of, is the best physic to preserve health; and it is a safer conclusion to say 'this agreeth not well with me, therefore, I will not continue it;' than this, 'I find no offence of this, therefore, I may use it;' for strength of nature, in youth, passeth over many excesses which are owing a man till his age."—Lord Bacon "On Regimen."

lowed to diet either from the juicy kidney-piece or the breast, with the use of a little acid. The flesh of mutton is universally considered to be the most nutritious of animal food; and is, probably, the most in use. Wether mutton is usually preferred, as it is the sweetest and easiest of digestion; for ewe-mutton is generally tough and coarse. The flesh of the ram is seldom eaten, on account of its strong and disagreeable taste. The flesh of the house-lamb, from its being raised in an unnatural manner, may be considered as unwholesome. If the lamb were allowed to suck for five or six months, the meat would be light and nutritious, and occasionally serviceable to persons labouring under indigestion, as also to those who are convalescent from acute diseases.—The fallow deer should not be killed until the month of August, when it will be found to be the fattest and best flavoured: the flesh is generally digestible and nutritious.—Pork is a savoury food, and affords a strong nourishment to those persons who lead an active or laborious life. It is not easily digested, and if too frequently used, will produce great disorder of the stomach and bowels, eruptions of the skin, &c. The sucking pig is considered a delicacy, and to be more wholesome than the larger animal; but all writers agree that it is difficult of digestion.—Bacon is a coarse and heavy food, and only fit to be used by the labourer: many serious diseases may arise from its too frequent use.—The flesh of the rabbit is more delicate than that of the hare, but it is by no means so nourishing. The wild rabbit is more digestible and palatable than the domesticated. The turtle is a nourishing and palatable food; and the esculent frog, though not very nutritious, the taste approaches much to that of a chicken. The flesh of the young rook is very similar to the pigeon, but is rather inferior in flavour and digestibility. The following are of easy digestion, and are consequently nutritious:—the pheasant, the par-

tridge, the common fowl, the guinea-hen, the turkey, the quail, the common pigeon, the lark, the blackbird, and the thrush. The swan, the goose, the widgian, the teal, and the wild and tame duck, are not easy of solution in the stomach, and therefore ought to be sparingly used.—Custom and convenience have given the preference to the eggs of the common hen, the duck, and the guinea hen; yet it is probable that the eggs of all the birds just enumerated, might be employed as food. Raw eggs are gently laxative, and very serviceable in jaundice and obstructed liver; and those of the granivorous species (especially the common fowl) afford a strengthening food, and are nourishing to the consumptive patient, and to those who are exhausted by immediate evacuations. The egg should be boiled only so long as is necessary to slightly coagulate the greater part of the white, without depriving the yolk of its fluidity.*—Many objections have been raised against the use of fish; its wholesomeness is much disputed. In the opinion of some persons it is a most delicious food; and according to others, it is said to be without either strength or substance. Fish is certainly not adapted to be the sole diet of the laborious; yet it cannot be denied that it is fortunate to have such a resource for food when any exigency may require its aid. Altogether, fish, compared with flesh, is less nourishing, and generally more difficult of digestion; and it has a stronger tendency to putrefaction.† In a fresh state, sauces and pickles of an acid nature are employed, and if the fish be dried, the action of the stomach is best promoted by salt and spices. The process of “crimping,” is performed in the following manner; and if the rigid contractions

* Eggs may be preserved for a considerable period, by simply rubbing a little butter over the shells. The process is best performed when the eggs are newly-laid.

† In order to arrest this tendency to putrefaction, many persons have recourse to a little brandy or some other spirit.

of death have not taken place, it is usually attended with success:—"the sea-fish destined for crimping are usually struck on the head when caught, which, it is said, protracts the term of this capability; and the muscles which retain this property longest are those about the head. Many transverse sections of the muscles being made, and the fish immersed in cold water, the contractions called crimping take place in about five minutes; but if the mass be large, it often requires about thirty minutes to complete the process."* It has been observed, that the effect is greater in proportion to the vivaciousness of the fish. The object of crimping is to retard the natural stiffening of the muscles, and by the sudden application of cold water, to excite it in the greatest possible degree.—The cod, the turbot, the plaice, the whiting, the dory, the sole, the flounder, and the herring, are the most digestible and nutritive fish; but, salmon and mackerel are very difficult of digestion.—The sick or the delicate should never eat stewed oysters, as they are very indigestible; but if they be eaten in a raw state, they may be more easily digested, and are sometimes serviceable to the weak and consumptive. Persons affected with habitual costiveness may diet on oysters, as they are attended with a laxative effect. But a very small quantity of vinegar should be used by those who eat oysters, unless they be labouring under consumption. Most kinds of shell-fish are difficult of digestion.

VEGETABLE FOOD.—A modern writer on "Diet and Regimen," has justly remarked, that "on the exclusive use of vegetable diet, declaimers have not taken into view the various and new circumstances of situation in which man is now placed. He is no longer the child of Nature, nor the passive inhabitant of one genial spot, as when he was first formed. He is now a citizen of the world; exer-

tion and toil are his constant attendants; and he requires a more ready and assimilated nourishment than vegetable food can convey." The following are the chief inconveniences of vegetable food:—1. Its constant tendency to ascendency. 2. Difficulty of assimilation. 3. Its extrication of a considerable quantity of air, by which the stomach becomes distended, and much uneasiness is the consequence. These inconveniences, however, are greatly counterbalanced; for this species of diet is invariably found to promote the appetite, and to keep the stomach in an active state. Constitutional disorders cannot arise from vegetable food, and the mischiefs of repletion are avoided, unless in cases of extreme indolence. The disposition to an inflammatory state is counteracted, and in many cases, it proves beneficial in checking the progress of constitutional diseases. Vegetable food is considered as having most influence on the powers of the mind, "in preserving a delicacy of feeling, and an activity of judgment; but this state of body is equally the attendant of timidity, fluctuation, and doubt."* Animal food gives vigour and firmness of purpose, and fits a man for the active scenes of life; therefore, he who selects a mixed diet, will avoid all extremes, and have a mind which will display a firmness and capacity suited to every valuable purpose. In the selection of food, man is generally determined by his taste, between which and the stomach, Nature has established such a sympathy, that that which is disagreeable to the one is seldom agreeable to the other. The proportion of vegetable food in this variable climate is clearly pointed out to be small, and that chiefly of the farinaceous or least ascendent kind. Bread is of incomparable use in the process of digestion; beyond all doubt, it is the safest of all vegetable aliment, and the best corrector of animal food; and

* "Remarks on the Process of Crimping, by Sir A. Carlisle."

* "Diet and Regimen," by Dr. Forsyth, 1827.

where animal food is abundantly used, the consumption of bread should be in proportion. New bread is decidedly objectionable, from its difficulty of solution; but home-made bread (24 hours old) is easy of digestion, and very nutritious.—Rice is a nutritious vegetable; and if a little nutmeg or allspice be taken with it, the digestion will be materially facilitated. French Beans are among the best vegetables which the English garden produces. Young spring greens and cabbages are wholesome; but, after the spring season, they become flatulent and indigestible. Spinach seldom agrees with the stomach. Young brocoli and cauliflower may be occasionally used. Peas and Beans, either green or dried, are not to be recommended: pea soup is particularly indigestible. All undressed vegetables (salads, lettuce, &c.) should be sparingly used, as they contain but little nourishment. Parsnips and celery, when boiled, are nourishing; but carrots, and all kinds of radishes, are difficult of digestion. For those stomachs which require a little stimulus, the onion will be found useful, as it is generally considered to assist the digestion. Turnips are nutritious and easily digested. The potato* is one of the lightest alimentary substances, and is only injurious when immoderately used. The dry, mealy sort is the easiest of solution, and the simplest method of preparation is the most wholesome; for mashed potatoes are difficult of digestion.

OF DRINK.

WHEN it is considered how large a portion of the body is fluid, and how this is thrown off continually by the secretions, a considerable supply is indispensably necessary. The season, the nature of the food, and the degree of exercise,

* The greater part of the "arrow-root" sold in England is prepared from the *potato*: the dry mealy sort being used for the preparation.

should govern us in the use of drink. The phlegmatic require less drink than the sanguine and the choleric; so also the sedentary than the laborious. Mr. Abernethy remarks, that to drink before a meal is highly improper, because the stomach is thereby distended, the gastric juice diluted, and, consequently, the digestion cannot proceed so favourably. It is also somewhat objectionable to drink much during the time of taking food.—Milk is the proper and natural food of the young of all animals; but, on account of the oily and cheesy matter which it contains, cow's milk is not so genial to the stomach of the infant as the milk of the mother; but as the milk of the mother is frequently depraved, the milk of the cow is a necessary substitute. As cow's milk is too heavy to be given alone, it should be diluted with water; and in order to prevent disorder of the bowels, it will be useful to mix with it a decoction of animal substances, such as chicken or veal broth. Two ounces of hartshorn shavings may be boiled in a quart of water, over a slow fire, till the whole be reduced to a pint; this, mixed with about a quart of milk, will form a very nourishing aliment. Milk is frequently used in the early stages of many diseases; viz. in the commencement of consumption; in gouty affections, after the fit has ceased; in cases of stranguary and dysury, or where mineral poisons have been swallowed; in small-pox, diluted with water; and in the spasmodic or nervous diseases. As milk is apt to induce costiveness, it is as well to mix brown sugar with it, or to boil it with oatmeal or veal broth; and, when used medicinally, some mineral water should be added. Butter-milk is very nourishing and cooling, and is frequently used in consumption, bad habit of body, and slight fever. Cream, in small quantities, is nourishing, and easy of digestion. Curds are oppressive to the stomach, and frequently produce obstruction and in-

inflammation of the bowels. Whey is a nutritive diluent, aperient, and diuretic drink: it is particularly useful in consumption, dysentery, jaundice, &c. Blanc-mange is not easily digested, and occasionally disorders the stomach. The vegetables employed for infusions or decoctions, used as drink, are chiefly tea, coffee, and chocolate. Physicians are divided respecting the real qualities of tea; some considering it to be a wholesome diluent, while others attribute to its frequent use the great increase of nervous diseases and complaints of debility. A late writer observes that "it had been well if the tea-leaf had never found its way into Great Britain; thousands would not then have been tormented with an incurable train of nervous symptoms, stomachic and bowel complaints, head-ache, &c. The time, it is hoped, is not far distant, when the poor shall be enlightened upon this subject. Let the rich and the intemperate indulge in the narcotic draught; to their heated stomachs it may do no harm; but let the poor abstain from it. It may be asked, 'what are they, who have been long accustomed to tea, to substitute in its place?' I answer, milk, gruel, broth, cocoa, or the like, for breakfast; and in the afternoon, milk and water; or lemonade, in the summer, and coffee, in the winter. It should be understood, that the simple infusion, without milk or sugar, is a good diluent and sedative in ardent fevers; and, as it promotes perspiration and urine, it is frequently drunk with advantage in colds, rheumatism, and head-ach. It is also serviceable in cases of surfeit and indigestion."*—Mr. Thackrah seems to take a more philosophical view of the question; he admits that tea is a narcotic, and hence is naturally injurious, "but experience will scarcely warrant our attaching to it a high degree of evil agency, at least in

the common way, and in the ordinary extent in which it is taken. I know not what the citizen could advantageously substitute. It appears well calculated to obviate the effects which arise from the excess of food, and the inordinate stimulus of spirituous potations. Black tea, drunk in moderation, produces, in most persons, effects rather useful than prejudicial: it evidently gives a mild impulse to the circulation, and excites a genial moisture on the skin. Most of the highly-flavoured teas excite the nervous system; and when taken in large quantities, or at an improper time, produce great disorder. The green tea seems to have most of the narcotic property: its sedative effects on the heart being sometimes alarming."* After all which has been said or written upon the subject, we are of opinion with Mr. Thackrah, that if good tea be drunk in moderate quantities, with sufficient milk and sugar, it will invigorate the system, afford a pleasant beverage, and tend to support and promote perspiration. It is, however, worthy of attention, that tea is very improper for a patient who is labouring under indigestion.—The properties of coffee have also been disputed. It is needless to examine all that has been written on its beneficial and baneful effects. Coffee will remove the sense of fatigue and exhaustion, and give vigour and hilarity to the mind: the wearied student, the brain-racked inquirer, hails it as his comforter and support. Voltaire almost lived upon it; the great Harvey took it constantly and freely; Horace Walpole spoke loudly in its praise. Dr. Willis says "coffee comforts the head and heart and helps digestion." Dr. Mosely observes, that "the extraordinary influence which coffee imparts to the stomach is strongly exemplified by the immediate effect produced on taking it

* "Diet and Digestion," by C. T. Thackrah, Esq. Surgeon.

* "Diet and Regimen," by a Physician.

when the stomach is overloaded with food, or nauseated with surfeit, or debilitated by intemperance. The great use of coffee in France is supposed to have abated the prevalence of the gravel. In the French colonies, (where coffee is more used than with the English,) not only the gravel, but the gout,—those inveterate tormentors of the human race,—are scarcely known. It may be taken, at all times, by women who are troubled with disease arising from want of exercise, unwholesome food, weak fibres, or obstructed perspiration.” Sir J. Floyer (an eminent physician) found no remedy for asthma,* with which he had been troubled for upwards of sixty years, until he obtained it by coffee. “But, (says an acute writer upon this subject,) these coffee-drinkers sometimes suffer serious disorders of the stomach or the head,—as indigestion, nervous irritability, headache, or palsy. It is true that the proportion of the evil which results from the coffee cannot be accurately compared with that which results from the study, nor does the ardent student care to inquire. He knows that strong coffee assists his intellect; he is not the servant of his stomach, nor will he consult his likings at the expense of a more noble organ. Here he is in error; he forgets the sympathy between the stomach and the brain; but, ere long, he will be taught it in a way not the most agreeable, either to his intellectual powers or his corporeal feelings. Fretting of the stomach, and consequent irritability of nerve and of temper, will soon be as troublesome as impertinent visitors, and equally disarrange his ideas, and break the chain of thought.” Well! we have given a number of opinions with respect to coffee. The result of our experience is in its favour. The Persians have a notion that it was first invented by the angel Gabriel, to restore Mahomet’s decayed mois-

ture; and we are confident that intense study is greatly supported by it, and that, too, without the ill consequences which succeed the suspension of rest and sleep, when the nervous influence has nothing to sustain. There is no doubt that coffee does not agree with some people, to those we say discontinue its use. Many people add mustard to their coffee; this may be necessary where a stimulus is required. The eastern nations add cloves, cinnamon, cardamoms, cumming-seed, or essence of amber, but they use neither milk or sugar. In order to promote digestion, the French take a cup or two after dinner, without milk. Perhaps it is needless to mention, that the best Mocha coffee should be used.—Chocolate, on account of its oily quality, frequently proves oppressive and cloying to the stomach. It is generally made too thick; but when carefully prepared, it is a very nutritious beverage. Those persons who are disposed to inflammatory diseases will find it worthy attention. Cocoa is only a weak chocolate; but it is generally considered to be a wholesome drink.—Malt Liquors (home-brewed) are wholesome, refreshing, and strengthening drinks; and extremely serviceable to those persons who lead an active life. Asthmatic and corpulent people, and those who are troubled with giddiness and complaints of the head, should refrain from the use of malt liquors. Beer made from the infusion of malted groats, or malted rye, is lighter and more diuretic than the common barley beer. London porter, being strongly impregnated with narcotic bitters, is apt to induce drowsiness, and consequently improper wherever there is a tendency to headache, apoplexy, or any other affection of the head. On account of the fixed air which it contains, bottled beer is considerably more refreshing than the barrelled. Spruce beer is too cold for some constitutions; but is, in many cases, a powerful diuretic and antiscorbutic.—A tempe-

* See the article “*Asthma*.”

rate use of wine is conducive to health ; the functions of the mind and body are roused and facilitated by it. If taken in large quantities, it destroys the stomach, induces emaciation and debility, occasions inflammation and obstruction in the liver, lungs, &c., and lays the foundation for gout, palsy, consumption, dropsy, diabetes, and many other serious diseases. The hock and the Rhenish wines are the least heating, and the most diuretic ; the Frontinac, Malaga, tent, and Cape are very heating and sudorific. Burgundy, Madeira, champagne, and claret are less stimulating than the sweet, and more cordial, than the acid wines. Red port wine is the most in use in this country, and when it has not been mixed with too large a quantity of brandy, it is generous, and stomachic, and well suited to English habits. The chief medicinal application of wine is in the treatment of malignant fevers ;* and the administration is regulated by the effects which it produces. Wine should never be given to the sick, unless directed by a medical adviser. The wine and bark system cannot be too generally reprobated ; the most eminent physicians and surgeons of the present day strongly condemn its use. Dr. Clutterbuck observes, that "the indiscriminate use of wine and bark is very injudicious, and is founded on the mistaken notion that these are capable of giving strength to the system,—a power which no medicine possesses." Adulterated wine often operates as a slow poison. The common red wine is frequently made of spoiled white wine, by tinging it with red sumach, or other wood or berries. In order to render the wine pungent, a variety of spice is employed ; but the most deleterious ingredient that could possibly be employed, is the sugar of lead and other preparations of that mineral.

* See the articles "Inflammation," and "Typhus Fever."

CONDIMENTS.

THESE substances greatly assist the digestion, and correct many injurious properties in the food taken. Salt promotes the secretions of saliva, and facilitates the digestion. It is not taken so freely by children as is requisite to destroy the worms and other substances contained in the stomach.*—"Sugar seems (says Mr. Thackrah†) to be the first support of vegetable life, and it is well known to be the principal food of young animals. It perhaps yields more chyle than any other constituent of plants. The slaves are weak and lean when they live upon rice, but become fat and robust in the sugar seasons."‡ Sugar is contained in most vegetables ; but the carrot, the beetroot, and the parsnip, are understood to contain the most. Starch, sugar, and gluten, are the chief constituents of vegetables. In opposition to these remarks, some contend that chlorotic girls, rickety children, hysterical women, and all who are troubled with acidity in the stomach and bowels, should abstain from its use ; but the late Duke of Beaufort, for the space of forty years, took a pound of sugar every day, without experiencing the least inconvenience, and he lived to the age of seventy.—Vinegar is a grateful and salutary stimulus to the stomach ; it corrects the putrescency of animal food, and the flatulency of the vegetable. Its use is improper in gout, consumption, green sickness, or rickets. Pickles are mere receptacles for vinegar ; they are not to be recommended from their indigestible qualities : perhaps the onion is the least offensive. Olive oil, when used as a seasoning to raw vegetable, checks fermentation in the stomach, and prevents the

* See the article "Worms."

† "Diet and Digestion," by Mr. Thackrah.

‡ "In decrepid old age (says Richerand) some persons live exclusively on sugar."

vegetable becoming too flatulent : if used in small quantities, it will assist digestion ; but if used largely, it has a contrary effect. Generally speaking, butter spread on bread is nutritious ; but it is very improper for those persons who have weak digestive organs. Melted butter and salt butter are unwholesome. Aromatic Condiments chiefly consist of Cayenne pepper, pepper, cinnamon, nutmeg, cloves, ginger, &c. These should be used in small quantities, and only by those who require a stimulant. Ginger is the most agreeable and wholesome.—A few garden roots and seeds, such as garlic, onion, horse-radish, and mustard, are made use of to assist in the solution of animal food.

COOKERY.

SIMPLE cookery is an useful art ; it is either necessary to destroy some deleterious property, or to render food more palatable and nutritious. Roasting* renders the meat tender, wholesome, and nourishing. The perfection of this process consists in doing the meat neither too slowly, so as to wither it, nor too rapidly, so as to burn it. If the meat be over-roasted, the fat will become bitter and rancid ; when the steam puffs out in jets towards the fire, the process is complete. It is necessary to observe, that unless meat be kept till the fibres begin to lose their firmness and tention, it will not become tender by roasting.—For restoring the strength of invalids, broiling is the best mode in which animal food can be dressed ; for by this process, it becomes highly nutritious, and easy of digestion. It has been found by experiment, that broiled meat contains more uncoagulated albumen, and is more juicy

and sappy, than when roasted. Boiling is not calculated for game or for young and tender meat. Some kinds of meat may be rendered more soluble by boiling, if properly done, without destroying its nutritive properties. Boiled beef is far inferior to roast ; and boiled mutton, though a mild food for invalids, is not so wholesome as when roasted. Stewed meat is still less easy of digestion than that which is boiled, and therefore, is a mode of cooking not much to be recommended. Frying is the worst mode of cookery, as it cannot be performed without the use of fat or oil, two articles of an objectionable nature. Fried vegetables will frequently produce dérangement in the most vigorous stomach.—Baked meat, if carefully done, is sufficiently wholesome for occasional use ; but this process renders the food less digestible and nutritious than when roasted. We have thus given the various simple modes of cookery ; but there is also a process of preparing animal food by reducing it into various kinds of jelly ; but it should be used but sparingly, and only by the sick, to which a quantity of stale bread is indispensable. All made dishes are difficult of digestion, and should be banished from the tables of those who are anxious to preserve their health.

WATER

Is capable of dissolving a greater number of natural bodies than any other fluid whatever. It is transparent, and without taste or smell, and compressible in a very slight degree. When pure, it is not liable to spontaneous change ; it is liquid in the common temperature of our atmosphere ; assumes the solid form (ice) at 32 degrees ; and is gaseous at 212 degrees, expanding to 1698 times its ordinary bulk.* The following are the simple waters :—1. Rain water so nearly

* Professor Wallace has discovered, that, generally speaking, mutton and beef lose, by roasting, about one-third of their original weight ; by boiling, beef loses about one-fourth, and mutton about one-fifth of their original weight.

* "Hooper's Medical Dictionary."

approaches to absolute purity, as to be useful for every purpose except in chemical preparations. When collected in towns, or from the roofs of houses, it is necessary to be boiled and strained previous to use. Ice and snow water are equal to rain water in purity; and when freshly melted, contain no air. 2. By far the greatest number of springs are cold; but, generally, their temperature is uniform through all the changes of season, and is always several degrees above freezing point. The water from some springs always exceeds the degree of summer heat, and the warmth is entirely independent of the atmosphere. The principal inconvenience is its hardness, owing to the presence of earthy salts;* but the air which it contains, and its refreshing coolness, render it an agreeable, and generally innocent drink; in weak stomachs, however, it will frequently occasion depression. The water of deep wells is always much harder than that of springs which overflow their channel. By boiling hard water it will be free from its earthy salts; and after it is cool, a little carbonate of soda may be put into it: filtering will free it from its unpleasant properties. River water, in general, is much softer, but contains less air than that which arises from a spring; but where the stream flows in a sandy or stony bed, it is remarkably pure.† Soft water is to be preferred for domestic and medicinal purposes. Horses prefer soft water, and when they are accustomed to spring water, their coats become rough, and are frequently attacked with the gripes. Some physicians ascribe the scrofulous swellings and gravel complaints to the hardness of water. Sim-

ple water is an excellent diluent in fevers and inflammatory diseases; but toast and water is more agreeable to most palates. —We have already mentioned, that charcoal will almost instantly deprive the most putrid water of its offensive smell.

EXERCISE.

AMONG the remedies of the early physicians, exercise, combined with temperance, stood in the foremost rank. In the present day, (in conjunction with pure air,) they are considered indispensable; and that more benefit is to be derived from this trio, than from all the articles contained in the *Materia Medica*. These constitute the arcana of health and longevity; and it is curious, that man should so often evince a total disregard for those principles on which his existence depends. Exercise of too violent nature, and a total want of it, are attended with equal disadvantages. Violent exercise is very injurious to those persons who are unaccustomed to it, particularly where excesses in eating and drinking have been committed. All sudden transitions from a state of rest to violent action is extremely injudicious, particularly in hot weather. Exercise admits of being diversified; viz. walking, running, leaping, swimming, riding, different games, gardening, &c. Passive exercise, which consists of riding in a carriage, sailing, friction, swinging, &c. is better calculated for debilitated constitutions, particularly the asthmatic and consumptive. At all times, that exercise is to be preferred, which, with a view to brace and strengthen the body, we are most accustomed to; and it should always be begun and finished gradually. Exercise should never be taken before a meal when the body is in a state of perspiration, as digestion might be thereby retarded; and for the same reason, it is also hurtful if taken immediately after a meal. By walking, the appetite and perspiration

* The quantity of earthy salts varies considerably, but, generally, it appears that the proportion of five grains of salts in the pint will constitute a hard water unfit for washing with soap, or for many other household purposes.

† Switzerland is celebrated for the purity of its waters, which give rise to some of the finest rivers in Europe.

are promoted; the mind is enlivened by the change of scene, the lungs are strengthened, and the contraction of the legs is relieved. The inhabitants of large towns require longer walks than those who breathe a pure atmosphere; therefore, those who lead sedentary lives, or are troubled with nervous affections, should use daily exercise, but it should be that species which is agreeable to the feelings. Exercise ought only to be continued till an agreeable perspiration is felt; if carried further, instead of the body being strengthened, it will be weakened. The thirst generally felt after exercise must not be immediately satisfied by cooling drink.—Friction may be performed by the naked hand, a flesh brush, or a piece of flannel. To the valetudinarian, or the sedentary, friction cannot be too strongly recommended. It may be used daily over the whole body, but particularly the abdomen, the back-bone, the arms, and the legs. It is found to be an excellent remedy in rheumatism, gout, palsy, green sickness, &c. “Friction (says Sir A. Cooper) may be performed in the morning, on an empty stomach, or in bed before getting up, by using a gentle and circular motion for a few minutes. In a weak state of the nerves, still more salutary effects may be derived, if the stomach and abdomen be rubbed over every morning, and every night before going to bed, with a sponge, or a piece of flannel, dipped in cold water.”

AIR.

ALL sudden transitions of air are injurious to health. The infirm frequently experience ominous sensations previous to any remarkable change of this element. Many disorders arise from an impure and confined atmosphere; hence the necessity of exposing ourselves daily, as well as of renewing the air of the house generally which we live in, by

opening the doors and windows every dry and clear morning. Warm air is oppressive to the nerves, in consequence of which, the tender and infirm suffer in warm weather. In winter, the body becomes more elastic, the appetite is stronger, and digestion is carried on more easily; but the system at that time, is much disposed to inflammations, rheumatism, sore throats, &c. The effects of cold weather may be easily rendered nugatory, nay, may be even beneficial, if necessary exercise be used. Damp places and districts, in cold weather, are always unhealthy, and frequently give rise to diseases of the throat, chest, and abdomen. A dry, cool air promotes the serenity and agility of both mind and body, and is particularly serviceable in hypocondriasis; but a dry, hot air enervates the body. The natural situation will go considerably to affect the temperature of the air, in proportion as it may be elevated or low. The air of confined streets is always unwholesome.* The value of cleanliness is obvious; for if impurities be suffered to remain on the body, the insensible perspiration will be suppressed, and the absorption by the skin impeded.

Autumn is the most unhealthy quarter of the year; because the particles of perspiration are retained in the body in a state inclining to putrefaction. Too light a dress, particularly thin stockings, should not be worn at this period. Spring and the beginning of summer are beneficial to young persons and children; but the summer and the beginning of autumn and the succeeding winter, are

* The air of large cities is doubtless injurious to every one weakened by previous disease; and to those who are troubled with nervous affections, a pure air is desirable; but no good can result if the patient shut himself up in his room, or avoid the haunts of men, and retire from the busy scenes of life into a state of apathy. Sea air is acknowledged to be a powerful remedy, and is resorted to with the happiest success against most cases of debility.

generally the most healthy periods for middle-aged people.

SLEEP.

Too much sleep encourages corpulency, languor, and weakness. The time requisite to restore the waste occasioned by the return of the day, will depend on the activity of the habits and the health of the individual; but it cannot, in general, be less than seven, and never ought to exceed nine hours. By means of sleep, the muscles are again rendered active; the quickness of the pulse is moderated; and the digestive organs are assisted. Sleep is indispensable for the preservation of health and life, and contributes largely to the removal of disease; the want of it is injurious to the nervous system. Whatever weakens the body, will favour sleep; hence various kinds of evacuations, the warm bath, fomentations, &c. are all useful to promote it. It comes on easily after taking food; and where this propensity has grown into a habit, it must not be interfered with, particularly in old subjects. "All-healing sleep soon neutralizes the corroding caustic of care, and blunts even the barbed arrows of the marble-hearted fiend—ingratitude." When the pulse is almost paralyzed by anxiety, half an hour's repose will cheer the circulation, restore tranquillity to the perturbed spirit, and dissipate those clouds of *ennui*, which sometimes threaten to eclipse the brightest minds and the best of hearts.



Directions for Bathing.—The Use of the medicated and other Baths. Electricity.

THE TEPID BATH.—In a medicinal point of view, the tepid bath produces the greatest effect in ardent fevers. It is recommended in hæmorrhage, obstruction of the menses, chronic rheumatism of internal parts, gout, head-ach, colds, and inflammatory sore throats.

"Independently of the great utility of tepid bathing in removing uterine and urinary irritation, (says Dr. Armstrong),* I am confident that its application as a preventive and palliative agent, is much greater than either the profession or the public have yet believed. The advantages are numerous; and, in the first place, as a preventive of inflammatory diseases. In many cases, the surface of the body, in this variable climate, is chilled for some hours before the attack of external or internal inflammation; in fact, the continuance of the chilliness is finally the cause of the in-

flammation, by disordering the circulation of the blood, which, being equalized at the commencement of the chilliness by a tepid bath, generally prevents the occurrence of any acute affection of an inflammatory nature. In the second place, tepid bathing is extremely beneficial in most cases of chronic rheumatism and gout; especially in those where the functions of the stomach, liver, or bowels, are impaired. In the third place, it is highly beneficial in all those cases, technically and indefinitely termed *marasmus** in children, and *dyspepsia*† in adults; since no single mean, in general, has more influence in restoring the natural action of the skin, and also of those parts of the body associated in the complicated process of digestion. In the fourth place, it is an admirable remedy for most of those glandular affections, or ill-conditioned chronic inflammations,

* "Principles and Practice of Physic.

* Consumption. † Indigestion.

which usually pass under the loose appellation of scrofula ; and lastly, it is so exceedingly advantageous in most cutaneous affections, that its application to them scarcely needs a comment. When its remarkably soothing effects in most uterine and urinary irritations are considered, together with all the delightful associations connected with cleanliness, I cannot but be surprised that tepid bathing should be so much neglected by the profession and the public of England. The temperature of the tepid bath should generally range between 94 and 98 degrees, as is most agreeable to the feelings ; and it is important that no sense of exhaustion be produced at the time of bathing, and no sense of unnatural chilliness or heat immediately afterwards. A feeling of warmth and refreshment are the certain signs of the bath being congenial to the patient."

THE COLD BATH.—People of delicate constitution, or those much weakened by disease, ought not to bathe until the sun approach to its meridian height. No one disposed to consumption or the gout, ought ever to use the cold bath ; in such cases, sea air, sea bathing, sea water taken internally, and cold bathing, greatly accelerate the disorder. Its use is of the greatest utility in all scrofulous complaints, general weakness of children, in the debility and languor following fever, intense study, sedentary occupations, grief, or debauchery ; and highly improper in acute inflammation, diseases of the skin, short and dry cough, palsy, and indigestion ; also, in a state of pregnancy, and where it produces violent head-ach, &c. In sultry, moist weather, bathing should be discontinued ; and nothing can be more improper than to plunge the body hastily into cold water after a meal, when the stomach is loaded with food. Persons of weak habits should stay until the digestion of their first meal is nearly perfected before they venture into the water. For convales-

cents, one plunge, or two at the utmost, is sufficient ; after which, they should dry and dress as speedily as possible, and then moderate exercise may be used with advantage. The pleasing glow of heat diffused over the body, is a proof that cold bathing may be continued. Sir A. Cooper says, "if a person in health use the cold bath who is unaccustomed to do so, it would produce irritation ; but if that person were in a state of irritation or fever heat, it would tranquillize the nervous action, and exert a beneficial influence."

THE VAPOUR BATH.*—This bath is most usually resorted to after warm bathing has failed. The utility of the application is obvious in all cases of internal inflammation, as it relieves the internal parts by the secretion of the skin. It is of the first importance in removing the paroxysms of the gout, in acute and chronic rheumatism, palsy, diseases of the skin, ulcers, lumbago, sciatica, gravel, leprosy, cramp, female obstructions, inflammation of the bowels, &c. From ten to fifteen minutes is generally sufficient for the patient to be exposed to the vapour.

THE SHOWER BATH.—This is a kind of cold bath of modern invention, in which the water falls through numerous apertures on the body ; therefore, every drop of water becomes a partial cold bath in miniature, and thus a stronger impression is excited than by any other mode of bathing. The shower bath is attended with particular advantages : first, the sudden contact of the water, which in the common cold bath is only momentary, may here be prolonged, repeated, and modified at pleasure ; and, secondly, from the head and breast (which are exposed to some inconvenience and danger in the common bath)

* From 100 to 130 degrees Fahrenheit.

being here effectually secured by receiving the first shock of the water; the blood is consequently impelled to the lower parts of the body, and the patient feels no obstruction in breathing.*

THE HOT AIR BATH.†—The machinery employed for the purpose of applying hot air to the surface of the body, is very simple. It consists of a frame of basket-work, of an arched shape, and about six feet in length, open at one end, and at the other there is a piece of wood, with a hole in the centre. This frame is laid over the patient when in bed, and over it is placed a blanket or two, and these are tucked under the patient's chin. A tin tube is then passed into the hole at the bottom of the frame, and, in the lower part of this tube, a little spirit lamp is placed lighted, and the apparatus is complete. The air, heated by the lamp, passes up the tube, and is brought in contact with the surface of the body of the patient.

SEA BATHING.—The diseases in which salt water is most serviceable, are green sickness, profuse discharges, chronic inflammation of the eyes, aptitude to abortion, convulsions and rickets of children, in preventing the fits of agues, and in removing the fever symptoms of in-

flammation and nervous complaints. Its salutary effects are particularly assisted by the moderate use of wine, or such aliment or medicine as is adapted to the age, sex, and constitution of the patient. In scrofulous affections and white swellings, sea air and sea bathing afford considerable benefit. Sea water taken internally is useful in gravel, jaundice, and fistula; and when taken in sufficient quantity is an excellent purgative in paralytic complaints, and for the destruction of worms in children.

MEDICATED BATHS.—These consist of chlorine, sulphur, and iron baths,—simple or medicated, aromatic and milk baths. Water impregnated with the sulphate of iron will abound with the bracing particles of that metal, and is useful for strengthening the parts to which it is applied; invigorating debilitated limbs, stopping various kinds of bleeding, and restoring the menstrual and obstructed hemorrhoidal discharges. In like manner, a substitute may be made for the salt-water bath, either hot or cold, by impregnating the water with salt. Medicated baths prepared with alum and quick-lime, sal-ammoniac, &c. are considered to be eminently serviceable in paralytic and other diseases arising from nervous and muscular debility.

ELECTRICITY.—The efficacy of electricity in the cure of several diseases has been supported by many very respectable authorities. It is most frequently used in torpor of the absorbent vessels, in palsy, green-sickness, in paralysis of the optic nerve, (gutta serena,) general debility, St. Vitus's dance, stiff joints, and other diseases. Wherever there is a tendency to apoplexy, great caution should be observed in the application of electricity, and it never should be applied to the head.

* "The second point in the prevention of common fevers, is to give tone to the surface of the body, by the frequent use of the shower-bath, commencing at 96 degrees, and gradually lowering it to 60. It will be very much improved if one ounce of salt be added to each gallon of water. By this practice, the liability to disorder is frequently avoided."—*Dr. Armstrong.*

† *Dr. Armstrong* particularly recommends this bath in some cases of fever. He says, "in the extreme form of this affection, (inflammatory fever,) the exhaustion is sometimes so great, that the fatigue produced by merely removing the patient into the warm bath, would be sufficient to destroy him."

PART II.

ON THE GENERAL MANAGEMENT AND DISEASES OF CHILDREN.

DRESS AND DRESSING.

As the object of clothing is only a protection from the inclemency of the weather, it is essentially necessary that the dress should be soft and pliable, in order that it may not obstruct the easy motion of the joints, nor in the least degree incommode by its weight or tightness. The absurd custom of confining the body of the infant by heavy bandages, formerly so prevalent, is yielding to the more rational dictates of nature and common sense; but the ridiculous length of clothing in the earlier periods of infancy, still keeps its ground, though equally absurd. To the child it is a continual source of considerable uneasiness; obstruction is continually made to the freedom of circulation and breathing; and the more the child endeavours to relieve itself, the more it wastes its power, and, consequently, interferes with its growth. Be careful, therefore, not to increase the perspiration to an unnecessary degree. A short shift, and a flannel waistcoat tied behind, with a short petticoat sewed to it, and a short gown, rather stouter in winter than in summer, are all the clothes which a child requires. If the child be weakly, a flannel shirt may be useful; otherwise, too many clothes will render it tender, and susceptible of the least cold. Stockings are an unnecessary appendage, until the child be seven or eight months old; for it is beneficial to expose the legs, arms, and breasts of

healthy children to the open air: the clothing of infants cannot be made too short.

DIET AND DIETING.

"REMEMBER, (says Mr. Abernethy,) it is not the quantity of food we eat, but the quantity we digest, which affords the nourishment to our bodies." Over-feeding, as well as improperly feeding of children, is highly injudicious; therefore the strictest attention ought to be paid to dieting. Fortunate is the child who (during the first four months of its existence) is nourished with no other aliment than the milk of its mother; but, if the child be weakly, and the mother's milk insufficient, a cup of beef-tea, and a crumb of bread may be daily given. At four months old, the child may be fed twice in the day; once with biscuits or stale bread, boiled in an equal mixture of milk and water, and once with light broth* and bread, arrow-root, or rice. After the first six months, weak veal or chicken broth may be given; and, progressively, with broth, vegetables which are not very flatulent; viz. carrots, endive, spinnage, parsnips, &c. When the infant is taken early from the breast, the diet should principally consist of cow's milk warmed, and poured on bread, (first soaked in water,) and of light broth with bread:

* Professor Hufeland is of opinion, that neither flour nor meal ought ever to be used for soup; as it produces viscid humours, and frequently lays the foundation for worms.

should the child be purged, the milk must be boiled. When the child is weaned, and has acquired its proper teeth, it will be necessary to let it have small portions of meat and vegetables; also, dishes prepared of flour, as the most simple food is the most nutritive. Pastry, confectionery, heavy or compound dishes, ought to be withheld, particularly from delicate children. Potatoes should be allowed only in moderation, and those not eaten with butter, but mashed up with other vegetables. It is advisable to accustom children to a certain regularity in their aliment, by giving them their meals at stated periods of the day; which will render them less subject to debility and disease, give the stomach time to recover its tone, and to collect the juices necessary for digestion. To children of four or five years old, animal food may be allowed at dinner; and bread and milk, night and morning; due regard being, at all times, paid to the health and habits of the child. Professor Hufeland, who studied the physical and medical management of children, has laid down the following order of giving food for children:—after rising in the morning, (say *seven* o'clock) a moderate portion of luke-warm milk, with well baked bread; at *nine* o'clock, bread with some fruit, or a small quantity of fresh butter; at *twelve* o'clock, the dinner; between *four* and *five*, some bread with fruit, or (in winter) the jam of plums. At these times, children should be allowed to eat till they be satisfied, without surfeiting themselves, that they may not crave for a heavy supper, which only tends to produce bad humours, and disturb the rest. About *six* or *seven* o'clock, they may take some milk, fruit, or vegetables, or any thing that is light; after this meal, they should remain awake at least one hour.—It has been said, that bread is prejudicial to the health of children; this may apply to new bread,

or to such as is not sufficiently baked; but good wheaten bread is very proper during the first years of infancy. Rye bread, or a mixture of wheat and rye, would be more conducive to health, after the age of childhood.—The most common cause of disease in children, is the generation of acid in the stomach and bowels. The use of spice in the food of children, is by no means to be recommended. In illness, the diet ought to be as light as possible; and in cases of fever, nourishing drinks (warm in winter, and cold in summer) will be highly proper, *viz.* toast and water, barley water, thin tapioca, &c. In obstinate purgings, rice, arrow-root, sago and thick milk, and hartshorn shavings boiled in beef tea, must be administered; and should the purging still continue, a flannel roller may be placed round the body. Many children acquire a habit of drinking during their meals; it would be more conducive to digestion, if they were accustomed to drink only after having made a meal.

SLEEP.

INFANTS, from the time of their birth, should be encouraged to sleep in the night in preference to the day; therefore, mothers and nurses ought to remove every thing which may tend to disturb their rest, and not to attend to every call for taking them up and giving food at improper periods. Infants cannot sleep too long; when they enjoy a calm, long-continued rest, it is a favourable symptom. Until the third year, children generally require a little sleep in the middle of the day; for, till that age, half their time may safely be allotted to sleep. Every succeeding year, the time ought to be shortened one hour; so that a child seven years old may sleep about ten hours. Children ought to rise at six o'clock in the summer, and at seven in the winter.

It is extremely injudicious to awaken children with a noise, or to carry them immediately from a dark room into the glaring light, or against a dazzling wall: the sudden impression of light may debilitate the organs of vision, and lay the foundation of weak eyes.—Wet clothes or linen should never be allowed to be hung to dry in the bed-room, as an impure atmosphere is attended with various and often fatal consequences. “Banish (says Professor Hufeland) feather beds, as they are unnatural and debilitating contrivances.” The bedstead should not be placed too low on the floor; and it is highly improper to suffer children to sleep on a couch which is made without a sufficient elevation from the ground.

EXERCISE.

THE effort at exercise is both pleasant and serviceable to a child; and as it grows up, it is proper to regularly exercise it. Children who are perfectly healthy are in almost uninterrupted motion; but if exercise, either from its violence or too long duration, exceed the proper limits, it naturally quickens the circulation and respiration, which may occasion the rupture of small blood-vessels and inflammatory diseases. A weakly child ought not to be allowed to stand or walk long together; but should be alternately carried, drawn in a vehicle, and invited to walk. If a child seek to put its feet on the ground, let it do so; but do not force it to walk. In the first period of life, the exertion of crying is almost the only exercise of the infant; by which the circulation of the blood, and all the other fluids, are rendered more uniform; digestion, nutrition, and the growth of the body, are thereby promoted, and the different secretions of the skin (together with insensible perspiration) are duly performed.

The loud complaints of infants deserve attention; for if their cries be violent and long continued, and they draw their legs towards the belly, it may safely be concluded, they are troubled with colic pains; and no time should be lost in yielding relief. To endeavour to prevent an infant from crying on every occasion, is to do it an irreparable injury; for, by such mismanagement, it never acquires a perfectly formed breast, and frequently the foundation is laid in the pectoral vessels for obstructions and other diseases. If children have been properly exposed to the air from infancy, they may, if healthy, be safely exercised in it in all seasons. The sooner infants are taken into the air, they become less subject to cold, convulsions, disordered bowels, and the rickets,—diseases so frequent among those who are reared in nurseries.

WASHING AND BATHING.

THE benefit to be derived from the daily practice of washing a child with cold water from head to foot, is almost incredible; it strengthens the nerves, maintains a sound and healthy state of the pores of the skin, and renders the surface of the body less susceptible of external impressions. In general, a child may be begun to be washed in this manner in the third or fourth week, warm water being used till that period, which must be changed for cooler, until it be gradually reduced to cold. In frosty weather, a little warm water may be added to the cold. It is highly imprudent to wash children directly after they rise from their bed, as the pores are then open; but, in about half an hour afterwards, if they be cool, they should be washed quickly. Avoid wetting the skin gradually; else the skin is not excited by the friction. After wash-

ing, rub the body until it be dry and warm. Delicate children should be washed in the evening, and placed in bed immediately afterwards.—In a striking manner does the cold bath preserve and promote the health of children; it refreshes and invigorates the organs of the skin, and considerably mitigates the diseases of measles and small-pox. It is proper to begin the practice in warm weather, and to continue it through every season afterwards. Delicate and weakly children must be bathed in luke-warm water; but, as they increase in strength, the degree of warmth may be diminished. For the first two or three months, the child should remain in the bath for a few minutes only at a time; which, as it grows older, may be gradually increased to a quarter of an hour. The body, while in the bath, should be gently rubbed with the hand, or a piece of sponge, and the greatest care taken in rubbing it dry. If the shock of a cold bath appear too powerful for the constitution, bathing in salt and water may be substituted. If a child after bathing, should feel disposed to sleep, it may be indulged; and weakly children using the cold bath, may wear a flannel shirt. A child should not be bathed directly after eating; nor, in cold weather, after coming out of the bath, exposed to the cold air.

WET NURSE.

The greatest circumspection ought to be used in the choice of a wet nurse; she should be neither too old nor too young, but be between twenty and thirty years of age, and have borne not more than two children. Her milk ought to be new; and not have been drawn more than three months by her own child; it should be of a fine white colour, without smell, and of a sweet taste. She should be entirely free from eruption in the skin, not subject to fits,

have no offensive breath, or small pustules on her breast, which ought to be moderately full, and by no means flaccid. The diet of a wet nurse should be simple and easy of digestion; and be allowed to go daily into the fresh air, and remain in it for a considerable time. She must be prohibited from sexual intercourse; and unless the health require wine, spirits, or beer, they should most scrupulously be withheld. Some nurses may require a draught of good ale twice a day; but the case is rare, and the common porter should not be taken under any circumstances. Rich living renders the milk gross and indigestible; and it is of the first importance, that the food be taken frequently and in small quantities.—The depraved habit of taking wine or spirits to remove the languor present during suckling or pregnancy, cannot be too strongly reprobated; the relief afforded is but of short duration, and immediately demands a more powerful stimulus, which ultimately weakens and destroys the tone of the stomach, deteriorates the milk, and renders it unfit to supply that nutriment which is essential to the existence of the child.

The following RULES FOR THE GENERAL MANAGEMENT OF CHILDREN are particularly addressed to mothers and nurses.—1. Use a child early to the boat or spoon, in case of illness or failure of the mother's milk.—2. To preserve health, promote the growth, and obviate chafing, keep the infant dry and warm.—3. To obviate indigestion, and that an infant may be free from the gripes, feed it in an upright posture.—4. Frequently take a child from the breast for a minute or two, in order that puking may be prevented, by too rapid a distention of the stomach.—5. To prevent purging, and to enable an infant to withstand cold, use it early to the air.—6. If attention be paid to cleanliness, it will

prevent diseases of the skin, rickets, slow fever, and decline.—7. Let the dress be loose and easy, and free from pins; attention to this rule will avert glandular obstructions, and impediments to growth, and free a child from accident.—8. To obviate indigestion, place a sleeping infant on its right side.—9. Pay strict attention to an infant's cries; by which you will trace the first causes of illness.—10. To promote healthy perspiration, and prevent diseases of the skin, wash a strong child in cold water, and dip it thrice a week; wash a weak child in warm water.—11. To teach a child active habits, and to promote the circulation of the blood, encourage it to thrust out its limbs, and to crawl about.—12. In order to exercise a child, rub it all over with your hand, night and morning.—13. To obviate scald head, painful eruptions behind the ears and on the neck, comb a child's head, and wash it frequently with soap and water.—14. Should a child be in good health, and have four teeth, wean it at nine months, without the least preparation.—15. If a child should have been lately weaned, and is attacked with any severe disease, or whooping-cough, it may require the breast again; or if it should reject suitable food, and fall off in its health, a good breast of milk may be procured, first gaining the sanction of a professional man.—16. An infant should have three or four stools daily, of a bright orange colour: a deviation from this appearance denotes acidity and indigestion, for which the following aperient powder (recommended by Sir Wm. For-dyce) may be given:—

Take of rhubarb, in powder, six or eight grains;
super-sulphate of potash, eight grains:—mix.

17. Let the quantity of solid food be in proportion to the exercise taken by a child; thirst, head-ach, fever, and glandular obstructions will be obviated.—18. An offensive breath is commonly a symptom of worms, or of a disordered

stomach. If its belly grow large, the complexion become pale, and flesh soft, disease has commenced its attack: give the child free air, and the powder just prescribed.—19. In the case of a fit, let the child be quickly taken into the cool, fresh air, and its face sprinkled with cold water; untie the clothes, raise the head, wipe all froth from the mouth, and keep it open, pressing down the tongue, and drawing it forward at the same time. With a warm hand, gently rub the belly, back, and limbs: apply warm flannels to them, or resort to a warm bath, and put warm tiles under the arm-pits; strike the soles of the feet with a piece of flat wood; tickle the nostrils and the inside of the ear with a feather or toothpick. Give from five to ten drops of hartshorn in a little water, according to the age of the child. Do not suffer the head to hang back, nor to lean forward upon the chest. Although no signs of life may appear, it is absolutely necessary that these directions should be followed up for the space of two hours.

As we have given some necessary Rules for the general Management of Children by mothers and nurses, it may not be deemed out of place to give a few NECESSARY CAUTIONS:—1. For fear of suspending the breath, and the circulation of the blood, never let an infant sleep alone at night in cold weather.—2. Never let an infant sleep the whole night on the mother's arms, for fear of suffocation.—3. Fits or a purging may be produced by waking an infant too suddenly.—4. Avoid giving Godfrey's cordial, Daffy's elixir, or any quack medicine; it may produce fits, fever, bring on a decline, or cause sudden death: syrup of rhubarb, mixed with a little calcined magnesia, will be found to be a safer remedy.—5. Do not feed an infant in the night; it may bring on the gripes, and even worse complaints.—6. A warm nursery, and close air,

will make a child delicate, and susceptible of cold.—7. Do not carry a child always on the same arm ; it may make it crooked.—8. Do not suffer a child's food to be chewed ; for should the nurse have a foul mouth, it may communicate the disease.—9. If a child be chafed, do not wash the part with milk ; for

milk will inflame, and cold water will heal.—10. Do not disregard or provoke violent crying, for fear of a fit in either case.—11. If a child's bowels be disordered, do not expose the child to the open air ; or, if it have shortness of breath, with fever and cough, high inflammation may be brought on.



DISEASES OF CHILDREN.



IN the minor diseases of children, as well as those of a more serious nature, most persons are either too anxious and meddling in attempting to remove them, or they shew an almost culpable indifference ; not unfrequently from a belief, that professional aid can afford but little benefit. Other persons eagerly resort to family prescriptions, or domestic remedies, without taking into consideration the constitution or temperament of the child ; for should the remedy have been found successful in one case, it is erroneously imagined it will yield the same relief in another.

CHICKEN-POX.

THIS disease has so strong a resemblance to small-pox, as, at times, to be easily mistaken. The chief discriminating characters are : the milder nature, the shorter duration of the eruptive fever, the crystalline appearance of the pustules, and their more speedy maturation. It is entirely free from danger, unless the pimples be numerous, and run into each other.

Treatment.—A mild purge is all that is necessary in this disorder. If the patient be troubled with severe shivering sickness, headach, and pains in the

limbs, a strong purge should be immediately given, *viz.*

Take of Glauber's salt and Epsom salt, of each, two drachms ; spearmint water, an ounce and a half ; tincture of senna, three drachms ; antimonial wine, twenty drops :—mix.

This must be followed by a weak drink. The patient ought to be kept very quiet, in a spacious, well-ventilated room, with a cool dress, until the feverish symptoms have disappeared.

CHILBLAINS.

CHILDREN and old people are usually the subjects of chilblains. They are attended with a painful inflammatory swelling, of a florid, deep purple, or leaden colour ; and the fingers, toes, and heels, are generally the seats of this complaint : the patient is generally annoyed by an obstinate itching and sense of tingling. The common cause of this complaint is the application of severe cold.

Treatment.—As soon as perceived, they should be rubbed with the following strong liniment :—

Take of water of ammonia, or spirit of hartshorn, an ounce ; olive oil, two ounces.—Shake them together till they unite :—Or,

Take of opedeldoc, one ounce and a half; tincture of Spanish flies, two drachms:—mix, and apply it frequently with a piece of lint.

Sir Astley Cooper recommends the following:—

Take of camphorated spirit of wine, one ounce; Goulard's extract, half an ounce:—mix and apply to the part.

If the swellings break, and discharge a thin matter, they must be dressed, night and morning, with the ointment recommended by Sir H. Halsford:—

Take one ounce of the ointment of nitrate of mercury, and the same quantity of almond oil:—mix them well in a porcelain mortar, and apply a little, once or twice, daily.

Should fungous flesh appear, the following must be applied:—

Take of spermaceti, six drachms; white wax, two drachms; olive oil, three ounces:—melt them together over a slow fire, and stir constantly until cold.

When the fungous flesh is removed, use the previous ointment until well. Proud flesh may be kept under by means of pressure, or occasionally touching it with the lunar caustic, or equal parts of the nitrated ointment of quicksilver and spermaceti ointment.—This troublesome disease might be greatly prevented, or its severity lessened, if the parts were defended by wearing leather socks, or a warm diachylon or Burgundy-pitch plaster, spread upon leather. The circulation of the parts should be promoted by friction; and in order to harden the skin, a liniment composed as under, should be used:—

Take of strong liniment of ammonia, an ounce and a half; oil of turpentine, half an ounce:—mix.

CONVULSIONS.

Any trifling matter will induce symptomatic convulsions in some children, while others will withstand a great deal. Convulsions are generally pro-

duced by some acid matter in the intestines, or pent-up wind; or they may proceed from teething, worms, the sudden disappearance of rash, small pox, scarlet fever, &c. The disease is to be considered more dangerous where the intervals are short, although the fit may not be long or violent. Numbers of children die in convulsions from excessive feeding, and the want of sufficient exercise and exposure to the salubrious air.

Treatment.—Convulsions are the most successfully treated by aperients or purgatives; to which may be added, the cold bath, or the sprinkling of cold water on the surface of the body. If they be occasioned by improper food, or indigestion, a gentle emetic may be given, composed of three grains of tartarized antimony and four ounces of water, and a tea-spoonful administered every ten or fifteen minutes, until the effect be produced. If from teething, scarifications may be made with the edge of a lancet immediately over the place where the tooth can be discovered; and this may be repeated for several days, till the tooth make its appearance, or the convulsions cease. For inward fits, Dr. Armstrong recommends a few drops of antimonial wine; but gentle exercise will bring a little wind from the stomach. Tapping the child slightly on the back, and rubbing the stomach and belly before the fire, will generally be found to be sufficient.

COW-POX.

VACCINATION* can scarcely be performed too early; and it is considered

* Dr. Clutterbuck remarks on vaccination, that, "Unfortunately, the degree of security afforded against future small-pox, cannot at present be ascertained, so as to form a satisfactory estimate of the value of vaccination, in comparison with inoculation. The forced and almost exclusive use of vaccination, from its

by the faculty, that the operation should take place within a few weeks from the time of birth. The genuine inoculated cow-pox is easily discerned by the following signs: the vesicle consists of little cells or cavities; is singly produced, and confined to the puncture; it is blueish-brown in the middle; fluid transparent, and colourless to the last. After the twelfth day, the vesicle concretes into a hard dark-coloured scab.—The puncture disappears soon after the insertion of the lancet; and on the third day, a minute inflamed spot becomes visible, which gradually increases in size, and produces a tumour slightly elevated above the level of the skin. About the sixth day, the tumour shews a discoloured speck, which augments in size and becomes a manifest vesicle.

The following circumstances should be carefully attended to in inoculating for the vaccine disease:—1. That the

fluid be taken before the ninth day.—2. That it be perfectly transparent.—3. If not used immediately, that it should be dried gradually, before it be laid by for use.—4. That the puncture be made as superficially as possible.—5. That any excess of inflammation should be repressed by the application of cold water, or the cold lotion, as under:

Take of extract of lead, one drachm; distilled vinegar, two ounces; proof spirit of wine, half an ounce; water, a pint:—mix.

It is seldom that medical treatment is necessary; but if the indisposition be severe or troublesome, a dose or two of the following will be sufficient.

Take of Epsom salt, and Glauber's salt, of each, half an ounce; spearmint water, five ounces; antimonial wine, two drachms; tincture of senna, an ounce;—mix, and give two tea-spoonfuls every four hours, until it operate.

CROUP.

first introduction, has made it impossible to know who are, and who are not, still susceptible of small-pox; for persons are not now, as formerly, so much exposed to the contagion. Many years must yet elapse before the true value of vaccination can be determined. The superiority of vaccination is founded on the following points:—1. The vaccine disease is far milder than the inoculation.—2. It leaves no deformity behind, as the inoculation frequently does.—3. It is better as regards the public, as it is not propagated by effluvia, as small-pox is,—the ravages of which are thus liable to be increased by the small pox inoculation, unless practised under particular restriction. These great advantages are counterbalanced, in some degree, by the insecurity of vaccination, which does not, by any means afford equal exemption from future small-pox." On this important subject, Dr. Armstrong also observes, "An important question now arises,—Does vaccination really mitigate small-pox? Some people say it does invariably; but I say, I have seen some children most severely affected with small-pox, who had undergone the operation of vaccination. I am afraid 'the truth, the whole truth,' has not always been told respecting the character of all the cases which have occurred after vaccination; which, notwithstanding, in many cases, is a complete preventive of small-pox, when properly performed."

THIS disease is mostly confined to children between the age of three and thirteen, and those who have once had it, are more susceptible of it than before, though the susceptibility decreases as they increase in years.—The Croup prevails mostly in low and moist situations, and on the sea shore. Any thing causing inflammation will bring it on, and it is supposed by some to be contagious. The disease usually commences with a hoarseness and sneezing, a short dry cough, and frequently a rattling in the throat when asleep. It is characterized by the voice, in speaking and coughing, acquiring a shrill and peculiar sound; the countenance exhibits great distress, the head and face are covered with perspiration from the violence of the struggling, and the lips and cheeks are alternately pale and livid. Frequently, a redness and swelling of the back part of the mouth, but sometimes not the least appearance of in-

flammation ; and the power of swallowing is unimpaired. The disease generally terminates fatally about the fourth or fifth day ; though not unfrequently, within twenty-four hours, the patient expires from suffocation.—The Croup may be easily distinguished from the *acute asthma of children* ; for the acute asthma comes on suddenly, and mostly in the night ; it is intermittent, the spasm subsiding in a short time, though it may return in an hour or two, or less ; in the interval, the patient is perfectly easy, though from the previous straining, the voice is rendered hoarse. In the Croup, the pulse is strong, with inflammatory heat, the urine is highly coloured, and the voice shrill and small, and commonly begins in the day time. Although, in the acute asthma, the pulse may be equally quick, it is less full, the urine is limpid, and the voice croaking and deep.

Treatment.—The treatment to be adopted in this disease is the same as in all those of an inflammatory nature. Bleeding from the arm or jugular vein, and the application of leeches to the windpipe and neck ; after which the following must be administered every second or third hour, according to the urgency of the symptoms :—

Take of calomel, six grains ; opium, in powder, half a grain ; conserve of roses, a sufficient quantity to make the same.—To be divided into six pills.

Great relief will be afforded by a brisk purgative when the bowels are inactive :—

* Take of submuriate of mercury, three grains ; jalap, four to eight grains :—mix.—Or,

Take of rhubarb, in powder, six grains ; calomel, two grains :—mix.

For children above eight years old, the calomel may be increased to nine or

* Neither Calomel (the *submuriate* of Mercury) nor any other form of Mercury should be administered without the advice of a physician.

twelve grains, if the disease render it advisable. This plan must be persevered in, until relief be obtained, when the pills should be given at longer intervals of four or six hours, even for some days after the patient is out of danger. A strong decoction of seneka (or snake) root frequently taken into the mouth in small quantities, has been successfully used to promote a separation of the films and coagula that form and adhere to the windpipe and cells of the lungs. The decoction is made by boiling an ounce of seneka root in two pints of water down to a pint, and then straining. Very copious bleeding at the commencement of the attack has carried off the disease at once ; but leeches will be found generally to answer best for young children. Blistering is rather doubtful in the more active stage of this complaint, although recommended by some of the faculty ; but, blisters may be serviceable as assistants, in making the cure more permanent. The following emetic is recommended in cases of severity, of which a tea-spoonful is to be given, until the vomiting be promoted :—

Take of ipecacuanha wine, half an ounce ; oxymel of squills, three drachms :—mix.

If all the foregoing prove unsuccessful, and the difficulty of breathing greatly increase, a small opening must be made in the windpipe, to prevent suffocation. This operation may be done in a few minutes, and will frequently save the patient from impending death. The diet must be extremely spare, consisting of thin gruel, toast and water, or any mealy decoction. In all cases of Croup, the child must be kept nearly upright in bed, to guard against suffocation. If the child be threatened with suffocation, sneezing may be excited by introducing strong snuff up the nostrils by means of a camel-hair pencil.

DISEASES OF THE SPINE.

DISTORTION of the spine is very frequent in young females. It is of two kinds: *lateral distortion*, and *distortion forwards*. The first thing that attracts attention in the *curvature of the spine* is, one breast appearing larger than the other, or a suspicion that it is growing out of its place; there is also an apparent enlargement of the left hip, or what is generally termed "a growing out of the right shoulder and of the left hip." In certain positions, the patient appears to have one leg shorter than the other; and when walking, there is an inequality in the step, with a constrained position of the head and neck, and an inclination to one side.—In the *distortion forwards*, the spine is bent forwards; and in a short time, the lower limbs are affected by the loss of the power of voluntary motion; and ultimately, with complete paralysis. Mr. Abernethy says, it is customary to attribute diseases of the spine to the same state of health as that from which the rickets arise; but he does not consider this to be a fair way of viewing the subject.* *Lateral distortion* may

be traced to debility; the want of sufficient exercise; sitting at work or musical instruments; to the indulgence of too much sleep on a soft bed and a high pillow; and to that baneful practice of shaping the body into a certain form. This disease most frequently occurs with females between the age of fifteen and twenty-one.—*Distortion forwards* most frequently arises from a diseased state of the spine. Young children, and those of a scrofulous habit, form the greatest portion of those who labour under this kind of disease.

Treatment.—The *lateral distortion* can always be cured if attended to in time. It is highly necessary to give strength to the whole constitution by the use of active exercise, nutritious food, and strengthening medicine. The exercise should be varied and increased daily; but the patient must, by no means, be fatigued. Gentle friction over the chest, spine, and limbs, should be used once or twice every day. The food must be highly nutritious; and consist principally of broiled mutton chops, the tender parts of roasted beef, fowl, or venison; eggs, tea, cocoa, or thin chocolate, and the most digestible vegetables; and, occasionally, a little wine or home-brewed malt liquors may be given. Gymnastic exercises have been found to be very serviceable in this complaint; but as the weakest part would

* Mr. Abernethy, in confirmation of his opinion, instanced the following case:—"In my own family, a child became awry: I observed that she had one shoulder-strap very often down, which she was as often pulling up. I said to her mother, 'If you allow that to go on, the girl's shoulder will become warped, as sure as you are alive. Let the gown be made in another way, and don't let her be always twisting herself to keep up that shoulder-strap!' The mother said, 'Oh! don't take any notice of it.'—Then I began to curse the fashion which had been the cause of shoulder-straps being made in such a way. In the course of a month, the reason was obvious why the shoulder-strap did not stay on the shoulder; for it appeared that it had sunk down about an inch lower than the other. I told the child to walk before me, and then to stop; I observed her particularly, and I found that she was in the habit of standing and resting upon one leg. I said to her if there were any sores about her feet or

toes, any pains in her leg, or any thing wrong with it; to which she replied 'No.'—I said, 'I should like to see you hop. Hop round the room, and then stand.' She did it, and did it very well.—'Now, (said I,) hop round the room on the other leg.'—She attempted; she took a few hops, and then was obliged to walk; because that leg was not capable of supporting her. She had been in the habit of standing upon one leg, so the other became a weak limb. However, by setting her frequently to hop round the room on the weak leg, both shoulders became of the same height, and, of course, the shoulder-strap ceased to slip off; 'but, I am quite sure, the girl would have been lame for her life time, if she had not lived in a surgeon's house.'

be likely to suffer from the effects of exhaustion, occasional rest must be given, and this rest the patient should give whenever the body seems to indicate it. Mr. Abernethy recommends "the patient to lie down horizontally upon a hard hair mattress, which will give ease to the muscles of the spine; but such indulgence must not interfere with the exercise which is so conducive to health, and so necessary to give the required energy to the muscles." Mr. A. says, "It has been the practice of late years to confine females to an inclined plane, or to a couch, for months together, and frequently without their being allowed to rise during any part of the day, under the *sage notion of curing the distortion of the spine!* but, instead of a cure, it has been discovered (when too late) that it has injured the health, increased the distortion, and, not unfrequently, introduced diseases of a serious nature."—Sir A. Cooper says he knew a lady who submitted to this vile practice for several months; and, at last, rose (without any favourable alteration in the distortion) with a disease in the bladder, which spread to the womb, and ultimately proved fatal.—Mr. Abernethy decidedly objects to all mechanical assistance, by way of straps or supports; as they frequently produce abscesses, deformities, &c.—Salubrious country air is strongly recommended for these diseases. The bowels must be regulated by occasionally using the following pills:—

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, a scruple; Castile soap, ten grains; oil of juniper, five drops. Beat them together, and divide into twelve pills. One may be taken at bed-time.

Two table-spoonfuls, every four hours, of the following strengthening mixture will be found to be very serviceable:—

Take of infusion of columba, five ounces and a half; compound tincture of cin-

namon, two drachms; syrup of orange peel, two drachms.

Scrofulous cases must be treated according to the state of health of the patient. A tepid bath may be used twice a week with considerable advantage; and two of the following pills taken three times a day, will greatly assist the digestion, and give strength to the system:—

Take of sulphate of iron, half a drachm; subcarbonate of potash, ten grains; myrrh, in powder, a drachm; compound powder of aloes, half a drachm.—Beat together, and divide into thirty pills.

Perfect rest, and a large issue in the neighbourhood of the disease, are the most effectual means of cure of the *distortion forwards*.—In a case of wry neck, Mr. Abernethy says, he made a longitudinal incision in the sternal portion of the muscle, cut it fairly through, and up started the head perpendicularly upon the neck. In a short time after the operation, the patient became quite straight in the back.

EXCORIATIONS.

In consequence of the neglect of proper cleanliness, children are very apt to become chafed in the wrinkles of the neck, behind the ears, and in the groins; in general, these excoriations may be effectually treated by washing the parts affected with Goulard water, or by washing with *cold* water, wiping them quite dry, and dusting a little calamine powder over them twice a-day. If the inflammation be considerable, the following cooling lotion must be frequently used:—

Take of white vitriol and sugar of lead, of each, five grains; rose water, a tea-cupful; laudanum, fifteen drops:—mix.

After which, the following ointment should be applied twice a day:—

Take of spermaceti, six drachms; white wax, two drachms; olive oil, three

ounces. Melt these together over a slow fire, and stir them constantly, until they be cold.

In common excoriations, the dressing with the ointment will be sufficient.

GRIPES.

THE characteristics of this disease are frequent and copious discharges of foul, dreggy matter by stool, attended with considerable pain; in addition, there is frequently sickness, nausea, and vomiting; the countenance becomes pale, the tongue is rather yellow, and the patient complains of thirst. The gripes may be occasioned by the application of cold to the surface of the body; acrid, indigestible food; the abuse of active purgatives; by worms; or by an irritable state of the intestines.

Treatment.—If the looseness be caused by worms, (which may be known from the sameness of the stools, mixed with pieces of the decayed animals,) the medicine prescribed for worms* must be administered. If the disease be occasioned by teething, it should not be stopped, unless it debilitate, or otherwise injure the child; in which case, the following can be given:—

Take of rhubarb, five grains; prepared chalk or magnesia, ten grains:—mix.

If necessary, this may be repeated three or four times, which will generally put an end to the griping stools. When the complaint arises from foulness of stomach, or excess of diet, the treatment should commence with an emetic of ipecacuanha powder.

HOOPING COUGH.

THIS disease generally terminates unfavourably with children (under two years of age) born of consumptive or asthmatic parents, or where there is

much fever, inflammation of the lungs, great weakness, convulsions, or insufficient discharge by coughing. The complaint is distinguishable from all others by its shrill “hoop,” which is usually terminated by vomiting; and is also indicated by a slight difficulty of breathing, quick pulse, hoarseness, &c. In a week or two after its attack, it assumes its peculiar symptoms; a convulsive cough succeeds, and continues until the contents of the stomach be evacuated by stool, or a quantity of mucus discharged from the lungs. The frequency of the coughing may be greatly lessened, by not suffering the patient to use too full a diet; to partake of any thing that is difficult of digestion; and by avoiding emotions of the mind and disagreeable odours.

*Treatment.**—In the mild attacks of this disease, an emetic of ipecacuanha in the morning, and a gentle purgative during the day, will be found extremely serviceable. Roasted apples, stoned prunes, &c. may be given, and frequently bathing the feet in warm water will be also beneficial. Inflammation of the chest is one of the most dangerous attendants of this complaint; and where the difficulty of breathing is increased, or the cough comes on with more than usual violence, a leech should be applied to each temple, giving the following three times a day:—

Take of powdered rhubarb, one grain and a half; calomel, half a grain; ipecacuanha, half a grain. This is sufficient for a child three years old.

In severe cases of inflammation, eight or ten leeches must be placed on the

* Dr. Underwood declares “that there is no complaint in which medicine is more serviceable than in bad hooping-cough; and that the opinion hitherto held to the contrary ought to be set aside.” Dr. Clutterbuck is of a contrary opinion, and says “it is not to be cured by common remedies.”—However, by adopting the plan we have laid down, we are conscious that great relief will be afforded, although a speedy cure may not be attained.

* For the treatment of “Worms,” see p. 43.

chest; and every three or four hours, a pill composed of a grain of calomel, a grain of James's powder, and the eighth of a grain of opium, must also be given until the inflammation abate.* If the appetite be impaired, and feverish symptoms come on towards the evening, the following mixture may be given every three hours :—

Take of tartarized antimony, one grain;
oxymel of squills and treacle, of each,
three drachms; water, four ounces.

Some practitioners advise a blister at the commencement of this disease; but the effect is of short duration; therefore, if the stomach be rubbed frequently with the following, it will be found to be much more beneficial in young children, than any thing which could possibly arise from blisters :—

Take of tartarized antimony, one scruple;
pure water, two ounces; tincture of
Spanish flies, half an ounce.

In addition, the patient may inhale the vapour arising from a quantity of boiling water, into which a little vinegar or ether has been put. This vapour may be inhaled several times a day; and, on going to bed, the feet should be bathed in warm water. The following is recommended to be given three or four times a day; indeed, it is considered by many people to be a sovereign remedy :—

Take of linseed oil and flour of sulphur,
equal portions, and make them into a
mixture.

Of this mixture, a tea-spoonful may be given to a child under four years of age; and above that age, it may be increased. As the symptoms decrease, of course, it need not be taken so frequently.—Change of air is, at all times, desirable for whooping cough; and, if practicable, the sea-coast would afford much benefit in severe cases. Flannel next the skin is very beneficial; a light diet

* This should not be done except by direction of the medical attendant.

should be used; and when the patient is in bed, his head and shoulders must be raised. Parents ought to pay the greatest attention when the cough comes on, by bending the patient a little forward; which will be of great service, and guard against suffocation. Cold bathing has been attended with the most beneficial results.

MEASLES.

THIS disease is contagious, and spreads widely by its effluvia. The patient, at the commencement, generally complains, alternately, of heat and chill, and the usual feelings attendant on an attack of fever. On the second day (sometimes not till the third) the fever is generally formed; thirst is now complained of, and, not unfrequently, vomiting; the face is flushed, the pulse frequent and hard, and the breathing hurried. The eruption usually appears about the end of the third, or the beginning of the fourth day after the attack of fever; it consists of minute red spots, not of the brightest hue, slightly raised above the general level of the skin, and mostly with an exceedingly small vesicle on the top; and commences on the forehead in small points, generally distinct at first, but here and there increasing in number and size, they form into clusters, so that the face seems marked with red stars of various size and figure. After three or four days the eruption begins to fade, leaving a scaly roughness on the skin for some time. The fever does not so generally terminate with the eruption as in small-pox, but often continues afterwards, and sometimes in an aggravated degree. On this subject, Dr. Clutterbuck observes, that “the disease commences with symptoms of sneezing, red and watery eyes, and a short, dry, hoarse cough; which symptoms continue for some time after the eruption has disappeared. Frequently the inflammation extends to the

substance of the lungs, giving rise to difficulty of breathing, with a pain in the chest, and a foundation is often laid for pulmonary consumption. As the inflammation of the nose, eyes, and throat, declines with the other symptoms, it is of little consequence; and unless the habit or mode of treatment be bad, the disease seldom proves fatal. It differs much in different seasons; and its most frequent consequences are the various forms of serofula, obstinate sores, and a weak and inflamed state of the eyes: the continuance of inflammation in the chest, in a chronic form, is another source of danger, which ought to be carefully guarded against."

Treatment.—Mild cases of measles require only careful nursing, and a free expectoration, by means of mild purgatives, diluting drinks, and a spare, low diet. The following emetic has been recommended at the commencement:—

Take of emetic tartar, one grain; powder of ipecacuanha, fifteen grains; common water, an ounce and a half:—mix.

When it has fully operated, a purging draught, as under, may be given and repeated every day:—

Take of Glauber's salt, Epsom salt, of each, two drachms; antimonial wine, twenty drops; spearmint water, an ounce and a half; antimonial wine, twenty drops; tincture of senna, three drachms:—mix.

Barley water, tamarind tea, and any thing of a simple nature, should be taken freely; but fermented liquor, and every kind of animal food, must be avoided. All the drink should be tepid.—If either the symptoms of fever, or those of inflammation in the chest, be unusually violent, a more active treatment is required, blood-letting more particularly. This evacuation is often more requisite at the decline of the disease than at any early period, on account of the pulmonary symptoms. From eight to sixteen ounces of blood is generally taken from the arm; and if the symptoms continue,

the operation must be repeated. In addition to bleeding, it is advisable to place leeches on the chest, and after the loss of blood, a blister may be applied. When inflammation of the lungs is suspected, from half a grain to a grain of calomel may be made into a pill with three grains of James's powder, and given every three or four hours, until the symptoms abate: this pill is to be taken in addition to the other means before prescribed. In the severer forms of this disease, the purging draught may be given more freely; and the diet must be exceedingly spare. It is unnecessary to confine the patient to his bed against his inclination;* but extremes of heat and cold are equally to be avoided: the chamber should be large and airy, and free from currents of cold air. Should the cough be troublesome, it would be serviceable to breathe the steam of warm water over a large basin, with the head covered with a flannel large enough to hang over its edges: the benefit of the relaxing vapour will, at the same time, be extended to the inflamed eyes. A spontaneous looseness should not be interfered with, as it is a favourable symptom; but if it be excessive, a few grains of tormentil powder may be given in water, three or four times a day.—When the measles suddenly disappear, every exertion must be made in order to restore the eruption. The patient must be placed in a warm bath, and warm wine and water, with ten drops of antimonial wine, frequently given. It may be also necessary to apply blisters to the inside of the thighs or legs and to the throat. After the patient has recovered, it will be expedient to give two or three doses of

* Mr. J. S. Forsyth is decidedly of opinion that "during the whole course of the measles, the patient ought to be confined to his bed." *New Manual of Domestic Medicine*, 1827. On the contrary, Dr. Armstrong says, that "when the skin is hot and dry, a cool atmosphere is delightfully refreshing."

cooling, opening medicine, and to cautiously avoid exposure to cold.

MUMPS.

THIS disease is known by an external moveable swelling, arising most commonly on both sides of the neck, but in some instances only on one. The swelling increases till the fourth day, and often involves the maxillary glands* in the inflammation. About the fifth day, the swelling gradually declines; and in a few days afterwards, it entirely subsides. It not unfrequently happens, that as the swelling of the throat disappears, that some tumours take place in the breasts of females, and in the testicles of the males: these sometimes pass away in a few days, unless the brain or its membranes be affected, which is then attended with fatal consequences. The disease is contagious.

Treatment. The mumps do not often require the assistance of medicine.† It is necessary to keep the head and face moderately warm, to avoid taking cold, to observe a mild diet, and to open the bowels with a cooling laxative medicine, *viz.*

Take of compound infusion of senna, an ounce and a half; cinnamon water, two drachms; manna, a drachm; Epsom salt, two drachms:—mix.

If the tumour in the neck should suddenly disappear, and the inflammatory symptoms increase, the return of the tumour must be promoted by warm fomentation, and the strong linament of ammonia. Every four hours, one of the following powders must be given until the fever abate:—

* The maxillary glands are those belonging to the jaw-bone.

† Dr. Clutterbuck says, "In general, the disease is mild in its character, and requires only the usual inflammatory treatment. If the pain or fever be unusually great, blood-letting may be serviceable."

Take of potash, one drachm; tartarized antimony, one grain and a half:—mix, and divide into six powders.

Should the breasts or testicle tend to supuration, a few leeches may be applied, and afterwards a warm poultice. Give every three hours, till it operate, three or four tea-spoonfuls of a cooling purgative, *viz.*

Take of Epsom salt, Glauber's salt, of each, half an ounce; spearmint water, five ounces, antimonial wine, two drachms; tincture of senna, an ounce:—mix.

NETTLE RASH.

THIS eruption resembles that produced by the stinging of nettles. If the skin be rubbed or scratched, the rash will appear instantaneously. It seldom stays many hours in the same place, but makes its appearance in another part of the skin. A troublesome itching is characteristic of this disorder; and, in general, the parts affected are considerably swollen. The disease is of a very mild nature, and seldom requires any assistance beyond a cooling purgative, the same as prescribed for the Mumps.

Sometimes the fever at night is very considerable; in such case, it will be necessary to give a saline draught, *viz.*

Take of subcarbonate of potash, a scruple; cinnamon water, two drachms; common water, an ounce and a half; syrup of orange-peel, a drachm:—mix, and add a table-spoonful of lemon juice, and drink it immediately. If the heat and thirst be very considerable, six grains of purified nitre may be added to each draught.

If the rash frequently return, one of the following pills must be given every night, until the patient be convalescent:—

Calomel, twenty grains; James's powder, twenty-five grains; resin of guaiacum, in powder, two scruples:—mix together in a mortar, with a little conserve of hips, and divide into twenty pills.

Six or eight grains of magnesia in a glass of soda water may be taken twice a day.—This disease is generally caused by a disordered stomach.

RICKETS.

In some families, this disease is hereditary; although many who have been affected with it have a healthy offspring. Bad nursing; impure air; want of exercise, food, or cleanliness; weakness, &c. will favour the exciting cause. The disorder comes on slowly, and is first indicated by a flaccidity of the flesh and pale complexion. It is characterized by an uncommon size of the head, swelling and enlargement of the joints, flattened ribs, incurvation of the spine, protuberance of the belly, and general emaciation of the body: the teething is very slow, and those which do appear, soon spoil and frequently fall out. The child is unwilling to exert itself, and unable to walk; its belly is generally much swelled, and its stools are frequent and loose, and very offensive: the appetite is not much impaired. At the commencement of this disease there is no fever; but, in the advanced stage, it is attended by a frequent pulse, thirst, and other fever symptoms.

Treatment.—"In the cure of this disorder, every thing depends upon invigorating and giving strength to the system, by using such medicines as have a tonic power, combined with a nutritive diet, pure air, a moderate quantity of wine, exercise, and the use of a lukewarm bath."* Twice a day, the following may be given, mixed in syrup:—

Take of myrrh, and powder of columba, of each seven grains; sulphate of iron, one grain.

For the regulation of the bowels, which will require the most strict attention, a

pill, prepared as under, must be taken every alternate night:—

Take of calomel, five grains; James's powder, fourteen grains; compound extract of colocynth, and compound rhubarb pill, of each, half a drachm; simple syrup, a sufficient quantity to divide the whole into twenty pills.

The patient must not be indulged with a feather bed; a hair mattress, or chaff bed, and a level floor, will tend to keep the body and limbs in a natural position.—This disease seldom makes its appearance before the ninth month, nor after the second or third year.

RED GUM.

This disorder appears shortly after birth, and consists of a number of small, red, elevated spots, which are scattered over the body, and sometimes on the face and feet.—Unless the eruption suddenly disappear, and the child's cries denote pain or spasm, medicine is unnecessary; but, if such should be the case, placing the patient in warm water, giving it two or three grains of ipecacuanha, and afterwards opening the bowels with a little magnesia and rhubarb, will generally be found sufficient.

RINGWORM.

This disorder generally proceeds from contagion. It chiefly occupies the scalp; but, sometimes it affects other parts of the body.

Treatment.—For this disease, it is seldom necessary to apply medicine internally. If it be not of an inveterate nature, washing the parts affected with the following lotion will have the desired effect:—

Take of sulphate of zinc, one drachm; sugar of lead, fifteen grains; distilled water six ounces.

Should the disorder not yield to this treatment, a weak solution of a grain of

* Dr. Armstrong.

oxymuriate of mercury and two ounces of water, may be used.

SCALD HEAD.

CHILDREN who are ill fed, uncleanly, not sufficiently exercised, or of a feeble habit, are mostly the victims of this disorder; but it is frequently propagated by contagion, *viz.* by using the comb, towel, cap, &c. of a diseased person. The disease commences with clusters of small, light, yellow pustules, which soon break, and form thin scabs; if neglected, the patches run together, and the whole head becomes affected.

Treatment.—Whatever treatment may be adopted, the head must be kept closely shaved, and covered with an ointment, *viz.*

Take of tar, half a pound; yellow wax, half an ounce; sublimed sulphur, two ounces.

Previously to the use of the ointment, the inflamed patches must be washed with Castile soap and warm water. As no local application agrees well if long continued, recourse may be had to the following:—

Take of purified quicksilver, an ounce; nitric acid, eleven drachms; prepared lard, six ounces; olive oil, four ounces. The quicksilver must be first dissolved in the acid, and while hot, the lard and oil melted together.*

Strict attention must be paid to the diet of the patient; avoiding salted meat or fish. An aperient pill may be taken every night, which will be found to be extremely serviceable:—

Take of compound extract of colocynth, compound rhubarb pill, half a drachm; calomel, twelve grains; oil of carraway, five drops. A sufficient quantity of syrup to form the whole into a mass. Divide into fifteen pills.

* This ointment must be used with an equal quantity of hog's lard. It may either be spread on linen, or applied to the diseased part with the finger.

Early attention to this disorder is of the greatest consequence, as it frequently proves exceedingly obstinate. Gentle exercise will much assist the cure.

SCARLET FEVER.

CHILDREN are the most frequent subjects of this disease, which is readily communicated to each other. It commences with the usual inflammatory symptoms, such as quick pulse, languor, thirst, &c. and in three or four days, the eruption makes its appearance. The eruption is more or less generally diffused over the skin; sometimes pretty uniformly, sometimes in patches: there is also a degree of roughness of the skin, occasioned by the extremely minute pimples or vesicles. On the fifth day, the eruption begins to decline, and is wholly gone on the seventh. Scarlet fever without a sore throat, terminates favourably within a short period; but when attended with sore throat, the symptoms are considerably increased, and accompanied with nausea, vomiting, headach, and delirium. The disease most frequently occurs at the close of summer.

*Treatment.**—When the disease first makes its appearance, the patient should be kept upon a spare and mild diet; and if the heat of the skin be great, and without perspiration, every evening he may be stripped naked, and cold water thrown over him,† for the first three or

*“In the treatment of this disease, it must be borne in mind, that it will run its course in spite of remedies.”—*Dr. Clutterbuck.*

† Dr. Armstrong recommends the following treatment in the simple form of scarlet fever:—“When the skin has become uniformly hot, the patient must be put in a shallow tub, and sponged all over with tepid water, the feet being covered with the water; then wipe him perfectly dry, and put him to bed between clean sheets. Let the diet be arrow-root and cold water. Pursue this plan for three or four days, and, in general, the patient will be convalescent.”

four days, or the whole body may be sponged with cold water. A gentle emetic should be given, and repeated for the first five or six mornings; and if the inflammation run high, it may be given twice a-day. The emetic may be composed of the following:—

Take of emetic tartar, one grain; powder of ipecacuanha, fifteen grains; common water, an ounce and a half:—mix.

It has been remarked by Dr. Willan, that if an emetic fail in its operation, the patient rarely recovers. Every other morning, a grain of calomel and eight grains of powdered rhubarb may be given.—As the symptoms become more mild, it will be necessary to administer a strengthening medicine, three times a day; for which purpose,—

Take of muriatic acid, six drops; decoction of bark, two ounces, and a drop or two of laudanum. This will be sufficient for a child ten or twelve years of age.

The patient's apartment must be kept clean and open. In the opening of the disorder, the diet should be very spare and mild, rigidly excluding animal food; and for common drink, put half an ounce of cream of tartar in a quart of water, making it palatable by the addition of sugar. When the inflammation ceases, the food must be nutritious, adding a little wine to the preparations of gruel, arrow-root, &c.—It must be distinctly understood, that what has been said respecting the treatment of scarlet fever is only intended for its mildest symptoms; for when the disease is attended with ulcerations in the throat, the patient must be treated in the same manner as is laid down for "Putrid Sore Throat."

It has been asserted by some eminent foreign physicians, that nightshade will act as a preventive to scarlet fever; and as the form is simple, it is worth the trial. It is prepared as follows:—

Take of extract of nightshade, two grains; any distilled water, an ounce.

For children not exceeding ten years of age, five drops of this solution may be given three or four times a day; a less quantity for infants; but, above that age, of course, the quantity must be increased. This may be continued for two or three weeks.

SMALL POX.

The attack of the small pox is said to be distinguished by an unusual degree of pain in the back and loins. About the third day from the commencement of the fever, there appear on the skin very minute red spots, at first scarcely larger than flea-bites, and without perceptible elevation. In a few hours they spread, become elevated, and gradually rise into pimples, which go into suppuration in the space of from four or five to eight days, or longer, depending much upon the number of pustules present. The pustules thus formed, gradually become dry, and (generally without breaking) the fluid they contain is either absorbed or dissipated by exhalation. A brownish crust forms on the surface, which, in a week or more, falls off, leaving a red spot behind on the skin, and often a depression or pitting that remains for life. It is commonly many weeks before the skin recovers its natural hue.—There are many varieties to be observed in small pox, both as regards the fever and the eruption: thus, the eruptive fever is, at times, so mild as hardly to be noticed; and in this case, the succeeding eruption is trifling in point of numbers: in such cases, the disease is likely to be overlooked, and, many are said to be insusceptible of the disease, who have undergone it in the mild way just described. At times, the fever attacks with great violence, and in infants it is often attended with convulsions; this is not necessarily followed by a copious eruption,—of-

ten indeed the reverse ; but, generally, there is a proportion observed between the degree of fever, and the eruption which succeeds. If the eruption be not very abundant, the fever commonly subsides on the eruption being completed, but if the pustules be very numerous, the fever continues, which is always an unfavourable sign.—There is a great diversity in respect to the eruption itself, which is not only more or less numerous, but with very different characters :—1st. There is the *distinct kind*, where the pustules are more or less numerous ; but however numerous, they are accurately circumscribed, and distinct from each other : in this case, the fever usually subsides as soon as the eruption has taken place. The character of the pustules differs in other respects ; sometimes they are white, and contain a puriform fluid ; at other times they are transparent, and contain a limpid fluid : sometimes they contain little or no fluid, (*the warty pock.*) All these are of a mild nature, rarely dangerous.—2. The *confluent small pox*, where the pustules are extremely numerous, with an irregular outline, flattish on the surface, and breaking into one another. In this case, the fever continues throughout the whole course of the disease, which is always attended with danger. Occasionally, purple spots appear in the interstices of the pustules, and the fever assumes a character of great malignity. In the *distinct sort*, if the eruption be numerous, the febrile symptoms are renewed about the period of suppuration ; this is called the *secondary fever*.—The pustules first appear on the face, then on the trunk, and lastly on the extremities ; there being a day or more difference in the time of appearance ; and they follow the same order in their progress to suppuration, or maturation, as it is usually termed : this process is completed in seven or eight days in the mild and distinct sort ; but if the pustules

be very numerous, a day or two longer is required. When the disease is *confluent*, it is commonly twenty days or more before the whole have matured.—The danger of small-pox depends partly upon the number of pustules, partly upon their character and the attending disorder of the system. A very numerous eruption is always attended with danger, from the mere extent of the present inflammation. The *confluent sort* is still more dangerous ; and the same is the case where purple spots appear in the interstices, with other symptoms of malignant fever. “The disorder is most dangerous in persons of high health ; in very young infants, who are often carried off by convulsions, and in persons advanced in years. It is dangerous to women in an advanced state of pregnancy ; and, in the earlier stages, is very likely to produce abortion. The time of greatest danger is from the eleventh to the twentieth day, and before the maturation is complete. The signs immediately indicating danger, are a sudden shrinking of the pustules, with coldness of the extremities, succeeded by great restlessness and delirium, and, at length, stupor.”*

Treatment.—Small-pox, like all specific fevers, is incurable by art ; “the disease will run its course in spite of remedies.” The object should be to mitigate its violence, not to attempt to interrupt its progress altogether ; for if a different course be pursued, the disease will become irregular and protracted in its course, with a risk of rendering it more dangerous. It is a highly inflammatory disease, and nothing should deter the use of purgative medicines, especially in the early stages, and indeed as long as the pulse retains its strength and fulness. The propriety of blood-letting to any great extent is questionable ; practitioners of the greatest experience

* Dr. Clutterbuck.

In this disease are against its use, considering that it may do harm by disturbing the natural and necessary course of the disorder, increase its danger, by impeding the process of maturation, which appears to be essential to recovery. In general, mild purgatives, with the admission of cool air, are all that is required ; but, at no period, should the patient be confined to his room, unless the fever render it requisite. He should lie with few bed-clothes, and on a mattress ; and be indulged with cold drink. Frequent changes of linen are highly indispensable. The following pill will tend at once to allay excessive irritability, and to moderate the fever :—

Take of opium, in powder, two or three grains ; calomel, three grains ; James's or antimonial powder, six or eight grains ; conserve of hips, a sufficient quantity to divide the whole into six pills. One to be taken every night, or every eight hours.

Obstinate vomiting must be restrained by giving the usual effervescing saline draught, *viz.*

Take of subcarbonate of potash, a scruple ; cinnamon water, two drachms ; common water, an ounce and a half ; syrup of orange-peel, a drachm :—mix them, and when taken, add a table spoonful of lemon-juice ; or fifteen grains of citric acid powdered, and drink it immediately.

Should a moderate looseness come on at an early stage, it must not be interfered with, unless it prove excessive and debilitating, which may be checked by a powder composed of two or three grains of compound powder of ipecacuanha, and ten grains of tormentil powder : this may be repeated after every liquid stool. We will conclude this subject with the words of Dr. Cnutterbuck : “ Our present experience of small-pox is too limited to warrant a confident opinion on the subject ; but, towards the end of the disease, when the skin turns pale, the pustules shrink,

and the surface of the body turns pallid, the common practice of giving brandy or wine, and applying blisters and mustard poultices to the feet, should be resorted to. The hot bath is also proper on such occasions, used from time to time, but not so long as to induce faintness.”

TEETHING.

With regard to the period of children cutting their teeth, no fixed time can be stated ; but it mostly commences between the fifth and eighth month, and continues, usually till the child is two years old. The symptoms attendant upon teething are well known ; but many of the evils are oftentimes prevented by a strict attention to the bowels of the patient ; for if the child be of a full habit of body, it is essential to have them in a lax state. If there be considerable fever, the gums may be scarified, and leeches applied behind the ears ; but blisters have been used instead of leeches with considerable effect.—With strong, healthy children, the process of teething passes off without the least difficulty ; but it is generally the contrary with those who are weak or unhealthy. The practice of giving a child a coral or other hard substance into its hand, cannot be too severely reprobated ; a crust of bread, or a piece of wax candle, will be found to be much better. Opium is sometimes given in order to allay the pain and irritation ; but as it is attended with some danger, it ought to be prohibited from being used in the nursery, and a tea-spoonful of syrup of poppies substituted, and this only in cases of urgency. To enable a child to pass easily through this dangerous period, every thing that has a tendency to promote general health, and prevent fever, should be resorted to : such as pure air, exercise, nutritious food, &c.—If the stools

be offensive, the following powder may be given in a little honey :—

Take of rhubarb, in powder, six or eight grains ; super-sulphate of potash, eight grains :—mix, and give it two or three times a week.

THRUSH.

THIS disease may, in general, be easily removed, if of a recent date, and confined to the mouth, but if of long standing, and extending to the bowels, it frequently proves fatal. It is accompanied by fever, and consists in white specks on the tongue, inside of the mouth, and throat.

Treatment.—On the first appearance, it will be necessary to give an emetic of ipecacuanha, and, afterwards, a tea-spoonful of the following mixture, every four hours :—

Take of calcined magnesia, twenty grains ; mint water, and cinnamon water, of each, one ounce ; syrup of poppies, half an ounce ; laudanum, fifteen drops.

Powdered oyster shells and crab's claws may be frequently given in small doses. If the child's bowels be rather loose, two or three grains of the compound powder of contrayerva must be administered ; but, if they be confined, a little magnesia will have the desired effect. The mouth must be kept clean and comfortable, which will prevent injury to the nerves, and cause the sloughs to fall off, and the parts underneath to heal. The mouth may be frequently moistened with the following :—

Take of borax, or alum powder, two drachms ; honey, an ounce.

Besides the breast milk, the diet should consist of veal, or beef broth, calf's-foot jelly, or isinglass dissolved in milk, with a tea-spoonful of white wine. When the thrush extends to the intestines, an emolient clyster may be serviceable, repeated two or three times a day.—In grown persons, this disease is generally

the effect of a protracted complaint that has reduced the system, and is usually looked upon as a fatal symptom.

WATER IN THE HEAD.

THIS disorder rarely occurs beyond the age of twelve or fourteen but more frequently under the age of seven. Almost any highly-irritating cause may induce this complaint in those who are disposed to it ; for instance, small-pox, whooping-cough, scarlet-fever, teething, disordered stomach, violent blows or falls, terror and anxiety of the mother during the last months of pregnancy, scrofulous habit, &c. One of the earliest symptoms is, the patient feeling uneasy in raising his head from the pillow, and being anxious to lie down again. Giddiness ; pains in the hands, feet, and neck ; disturbed sleep, often awaking in a fright ; costive bowels, &c. are also symptoms of the water in the head.—Inflammation soon commences, accompanied by dreadful pains in the head and eyes, which often alternate with pain in the stomach, and trifling fever ; the countenance becomes pale and changed ; the pulse is generally slow, sometimes quick ; in short, a general and rapid emaciation. Sometimes this stage is attended by a severe attack of fever and convulsions. The inflammation may last from a few hours to four or six days, or perhaps longer ; and, unless checked by the means resorted to, it is succeeded by the effusion of the water into the ventricles of the brain. “After the effusion has taken place, the patient makes frequent movements of the legs ; his countenance is gloomy ; his tones are uttered through his nose ; the emaciation is extreme ; and he passes into a complete stupor. In this state he may suffer for several days ; although he may regain his reason, and partake of food. This change is but of a transitory nature ; for the scene is

changed, and convulsions, spinal cramps, violent fever, blindness, effort to vomit, pulse quick and weak, and death ensues. The period of this disease rarely exceeds twenty-one days.* It is a very dangerous complaint; and unless detected early, and prompt remedies applied, it generally proves fatal.

Treatment.—In the first stage, the inflammatory action must be lessened by bleeding from the temporal artery or jugular vein, if the patient be of full habit of body. In very young children, blood may be drawn by leeches from the temple. After the leeches have bled freely, the head must be shaven, and be kept constantly covered with cloths wet with ice-water, or the coldest water that can be procured. It is advisable to apply blisters to the temples, or a blister-cap over the whole head,† and to keep up the discharge as long as possible, by dressing it with ointment of Spanish flies. The bowels must be cleared by giving one of the following pills every two or three hours, until an alteration take place in the disease :—

Take of calomel, six grains; James's powder, six grains; purified Turkey opium, two grains; conserve of roses, a sufficient quantity to divide the whole into six pills.

When much fever and heat prevail, the following cooling draught may be given every three hours :—

Take of nitre, six grains; tincture of foxglove, ten to forty drops; acetated liquor of ammonia, two drachms; distilled water, five drachms; syrup of saffron, one drachm.

Mustard poultices applied to the feet will be found to be serviceable. The patient should be placed in an airy

* Dr. Clutterbuck.

† The application of a blister to the head, in this disease, is considered by some practitioners, to be highly injudicious, on account of the inflammation existing within the head; but they recommend blisters to be applied to the pit of the stomach, or the inside of the thighs.

chamber, screened from strong day-light, with the head and shoulders slightly raised, and kept as quiet as possible. The diet must chiefly consist of barley-water, toast and water, and thin gruel; and even on recovery, a return to the ordinary food must be made very cautiously, and be of a very nutritious nature. If the progress of the complaint be arrested, it will be highly proper, in order to effect a perfect cure, to make an issue or pass a seton. The following tonic draught must be given to enable the patient to re-establish his health :—

Take of solution of acetate of ammonia, two or three drachms; decoction of bark, an ounce and a half; tincture of bark, a drachm and a half; aromatic confection, half a drachm.

Half of this may be given, in an equal quantity of water, twice a day.—Whatever treatment may be adopted, to give the least hope of success, it must be prompt and vigorous. It is necessary to observe, that water in the head is a highly-acute disease, consisting of distinct stages, and generally confines the patient to his chamber; therefore, if a child has a large head or belly, confined or irregular bowels, and often fall down almost senseless, and yet is able to walk about, it must not be ascribed to this disease, but must be treated in the same manner as for the "*Dropsy of the Head.*"

WARTS.

Young people are very liable to these excrecences. They are an exuberant growth of the skin, and may be easily removed by some strong stimulant to their surface. They will soon disappear if they be touched with the juice ofcelandine, or houseleek, concentrated acetic acid, or Goulard's extract, undiluted. Blueish warts that occur in the face, lips, or eyelids, must not be interfered with.

WORMS.*

CHILDREN are more infested with worms than adults, which appears to be chiefly because they are allowed to indulge in sweet things, to the almost total neglect of salt. These little animals generally occasion a variable appetite, pains in the stomach, offensive breath, itching of the nose and fundament, dry cough, fulness of the belly, disturbed sleep, slimy stools, convulsive fits, and slow fever. They are most frequent in those of a relaxed habit; and vegetable food or sweet substances will greatly increase their generation.

Treatment.—Those medicines and plans of treatment are the most eligible which tend to invigorate the constitution, at the same time that the worms are expelled; for this purpose, salt, sulphur, camphor, and preparations of iron, with a suitable diet and regimen, will be found most serviceable. Although a quantity of salt may be eaten with fresh animal food, salted meat is highly objectionable. As vegetables increase the vigour of the worms more than animal food, they must be discontinued; and the patient should have recourse to active exercise, early rising, the use of the cold or tepid bath, and regulate the bowels by taking one of the following pills, previously to retiring to rest:—

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, a scruple; Castile soap, ten grains; oil of juniper, five drops. Beat them together, and divide into twelve pills.

* Mr. Abernethy says, "You find worms in the alimentary canal. There are worms of different kinds to be met with there; one long worm, pointed at either end. Then, there is a tape-worm, of which there is generally but one to be met with; to be sure, it breaks, and a great deal may be brought away, but it grows again. No good is done, unless the head be loosened, and the whole of the worm brought away; then the patient is cured."

Some persons may require two or three pills. As a general purgative for children, dissolve half an ounce of salt in a quarter of a pint of water, which must be taken in the morning, fasting, and repeated every three or four days; this will be found to bring almost every kind of worm away. In severe cases, the quantity of salt may be increased to three or four ounces at each dose. Should the salt and water be disapproved of, the following may be substituted:—

Take of subcarbonate of iron, three drachms; ipecacuanha in powder, fifteen grains; extract of gentian, half a drachm; socotorine aloes, in powder, six or eight grains; simple syrup, a sufficient quantity to form the whole into a consistence. Divide into thirty pills, and take two of them three times a day.

For the cure of the tape-worm, as also for that which resembles the earth-worm, the bristly down of the pods of cowhage may be used. The following is the best method of preparation: dip the pods in treacle or honey, and scrape off the hairs along with the syrup, and when they are sufficiently mixed, the remedy is fit for use. The dose is a teaspoonful for three mornings, which must be followed by a brisk purgative. Or, instead of the cowhage, half an ounce of oil of turpentine may be given, which can be repeated once or twice in a fortnight.—"Ching's Worm Cakes" may be capable of some effect, but the plan of treatment here laid down, will be found to be attended with more beneficial results. It is of the first importance that parents should know, that the real nature of the case can only be determined by an attentive consideration of all the symptoms, and the patient's habits, *more particularly with regard to food*; for a simple disorder of the stomach and bowels will often produce the same symptoms as are attendant upon worms.

PART III.

ON DISEASES IN GENERAL.

INFLAMMATION.

A LEARNED physician (Dr. Clutterbuck) has truly observed, that "inflammation constitutes the essence of nearly all acute diseases, and lays the foundation for all those of a chronic nature; that it alters the appearance, the feeling, the functions, and ultimately, the structure of the part which it affects." There are four certain obvious appearances that characterise this disease, *viz.* heat, redness, pain and swelling. These appearances, taken together, undoubtedly serve to prove the presence of the disease; but either of them singly may be present without inflammation, as either may be wanting, and yet the disease exist. When inflammation is seated in the skin, it commonly presents all the characters just mentioned; but how far they are essential, and consequently always present, will appear from the consideration of each, separately.—The character of heat is not of itself sufficient to prove the existence of inflammation, though it is always a suspicious circumstance; but must be taken in conjunction with others before it can be relied upon. Increase of heat may be produced by friction, exercise, or any other cause that increases the circulation of blood in a part, without inflammation being present; in infants, however, when (upon grasping the head between the hands) a considerable increase of heat is felt within, it is a strong ground for believing inflammation to be going on in the brain. The character

of redness is not always present; and even when present is not always a sign of existing inflammation; for parts may turn vividly red by heat or friction, without being actually inflamed. Redness is a very equivocal sign, and is only to be relied upon in conjunction with other signs. The symptom of pain is perhaps the least to place confidence in, though it usually is an attendant of the disease, and may excite suspicion: it may take place, in all degrees, from the troublesome itching, to the most acute pain. The degree or danger of inflammation is not always to be judged of by the pain which the patient feels; for that depends upon the sensibility of the part affected. Paralysis will sometimes render parts completely insensible, yet they are still susceptible of inflammation; as also from the application of blisters, &c. It is of consequence to distinguish inflammatory from spasmodic pain, as the treatment of the two cases is very different; the former being increased upon pressure, and the latter diminished by the same cause. Swelling is one of the most general effects of inflammation; and the degree of swelling depends chiefly upon the texture of the part. But, although parts in general become swelled under inflammation, this cannot happen with respect to the entire brain; for this organ being inclosed in an unyielding case of bone, it cannot increase in bulk altogether. The symptoms of inflammation in the brain are far more numerous and complicated than those of other organs.—These are the obvious

or external characters of inflammation ; but they afford but little information so to enable us to detect internal inflammation. The direct causes of inflammation are almost infinitely various. All stimulating or irritating applications to a part may become causes of inflammation. Heat, applied in a moderate degree to the skin, merely supports healthy action ; but, in a greater degree, excites inflammation. A moderate degree of heat is frequently sufficient to excite inflammation, where the predisposition to be affected by it is strong ; and this predisposition is given by previous exposure to cold. Besides heat, all other stimulating substances produce inflammation, when applied to the body in a certain degree ; such as strong acids, alkalies, metallic salts, acrid vapours, acrid vegetable oils, spices, and a variety of others. Mechanical violence of all kinds, tending to injure or destroy any part, is a direct cause of inflammation ; *viz.* over-exertion or straining, rupture, or division of parts. In one person, the application of cold will produce disease of the lungs ; in another, rheumatism ; and in a third, perhaps, inflammation of the brain, or ordinary fever. One indirect cause is cold, which does not generally (during its application) produce inflammation, but after a longer or shorter period, and is very uncertain in its operation. Inactivity will favour the action of cold in producing inflammation ; thus : if a person be exposed to cold, and the body remain at rest, there is a greater chance that the cold will produce its ill effects. Sitting in a current of air is very likely to be followed by inflammation, while a more general exposure, even to a greater degree of cold, is less likely to have this effect. General weakness of system appears to give effect to cold.—Now, there are several circumstances which oppose the action of cold : *viz.* mental excitement is a very powerful preventive ; exercise

keeps up an equality of circulation ; habit has a great effect ; stimulants, opium, and intoxicating drinks, undoubtedly, prevent the action of cold. It is usual to resort to dram-drinking in order to avoid the effects of cold ; but, in general, the practice is injudicious ; for after the first application has ceased, the body becomes doubly susceptible of impression, and disease is the more likely to ensue.* “Those persons who endeavour to keep out the cold by repeated dram-drinking, generally fall victims to the diseases induced by cold, as pulmonary consumption more particularly. Warm clothing, and substantial food, are the only natural and successful preventives against cold.”* Idiopathic fever is another indirect cause of inflammation ; but this seldom continues for any length of time, without inducing inflammation in some other part. In symptomatic fever, also, inflammation is very apt to arise ; and in the course of acute rheumatism, it frequently takes place in the lungs, heart, or brain ; and sometimes proves fatal, though the disease in itself is by no means dangerous. Inflammation sometimes attacks suddenly with great violence, and then generally with a cold fit ; but more commonly it is slight at first, so as to escape notice for a day or two, or even longer ; and gradually increases till it arrives at its height, and then declines at a nearly equal rate with its advance. In children, inflammation of the brain will often terminate fatally in forty-eight hours, or will have done such mischief to the parts, that it will afterwards destroy the patient ; therefore, the earliest possible attention should be paid to the patient, and the most active means employed. Inflammation may terminate in various ways ; in some of which, the part returns to its natural state, or is so

* Dr. Clutterbuck “On Diseases of the Stomach.”

little changed in structure, as to be still capable of carrying on its functions ; in others, the structure is materially altered, and sometimes altogether destroyed.

1. The disease frequently subsides of itself, or is removed by art, which is then distinguished by the term "resolution." 2. By increased natural discharges ; *viz.* catarrh, diarrhœa, dysentery, diabetes, gleet, &c. This mode of termination depends upon the nature of the part affected. 3. A third mode of termination gives rise to dropsy, both circumscribed and diffused ; hydrocephalus, hydrothorax, ascites, hydrocele, and anasarca. In by far the greater number of instances, dropsy is a mere effect of inflammation, which frequently continues along with the dropsy. 4. Inflammation sometimes ends in *schirrus*, which implies an indolent knotty hardness of the part, unaccompanied by any discolouration, but attended with shooting pain ; the tumour, after a time, ulcerating and becoming cancerous. This termination, however, is confined to glandular parts, and is most frequently met with in the breasts of females. 5. When the part affected is very tender in its texture, inflammation terminates by hemorrhage ; which frequently takes place in cases of inflamed lungs. When the brain is affected, hemorrhage from the nose often occurs, and carries off the disease ; and when the bleeding takes place from the nostrils or rectum, it may be better to encourage it ; and even when the bleeding arises from the lungs, it is of much less importance to its immediate danger, than is generally supposed. 6. The disease may terminate by *metastasis*, or the sudden shifting from one part to another, as in the cases of rheumatism and gout. The skin is a part which, when inflamed, often affects other parts by *metastasis* ; and when such is the case, it is most likely to affect the brain. Another mode of termination is by suppuration,

by which is meant the secretion or formation of what is called *pus*, or purulent matter, in the substance, or on the surface of the inflamed part. Inflammation has a strong tendency to end in suppuration when it affects the lungs, the liver, or the brain. In the brain, however, such an occurrence is comparatively rare, and it is seldom found unless in mild and long-protracted cases ; the more acute forms of inflammation in this organ, destroy life too quickly to allow of such a mode of termination. When suppuration has begun, all attempts to put a stop to its progress, serve only to retard its progress, and to impede its restoration afterwards. It is important to know when suppuration is about to take place, as it is then necessary to abstain from further blood-letting. The following signs serve to indicate that suppuration is about to take place :—1. When the inflammation is very violent, or has gone on for some time, (especially in parts prone to suppuration,) it may naturally be suspected that it will terminate in this way. 2. Abatement of pain, without a corresponding relief of the other symptoms. Thus, in inflammation of the lungs, if the pain decline considerably, and the difficulty of respiration still continue, it will afford some ground for the supposition that suppuration has commenced. 3. The pain becoming of a more throbbing kind. 4. Irregular, chilly fits afford a strong sign of approaching suppuration. 5. If the part affected be within sight, there will be observed a diminution of swelling in the surrounding parts ; by which the inflamed part, becomes more prominent. The violence of the inflammation, and the state of general health, materially influence the period of suppuration : it takes place sooner in children than in adults, and when seated on the trunk, than on the extremities. Inflammation proceeds more actively in vigorous subjects, and

hence suppuration speedily follows. Gangrene is another mode by which inflammation terminates; the part dies in consequence of the inflammation, and quickly undergoes decomposition. Gangrene, when taking place externally is known by the livid colour of the part; by the loss of feeling, and cessation of pain; by the declining heat of the part; and by a loss of natural elasticity, producing a dough-like feel. A crackling is felt upon pressure, which is owing to the escape of air into the intestines of the part. After a time, the skin rises, small bladders are formed, under which are perceived spots of a brownish hue. The occurrence of internal gangrene is known by the sudden cessation of pain, without a corresponding relief to the other symptoms. Gangrene, when extensive, or in parts important to life, produces great general disorder; such as shrinking of the features, an anxious look, a feeling of distress without actual pain, a feeble and irregular pulse, hiccup, cold sweats, great restlessness, often delirium, and death. It is most disposed to occur in the lower extremities, and in old and debilitated persons; especially in those addicted to the use of intoxicating drinks, or who are labouring under the dropsy: in such subjects, the slightest wound, or the most trifling degree of inflammation about the feet or ancles, is attended with danger. Even gangrene of the skin often proves fatal.

Treatment.—There is no absolute or universal remedy for inflammation; not one which is successful at all times, nor applicable under all circumstances. In many cases, it is most advisable to allow the disease to continue, and some where it is advantageous to aggravate it. If the inflammation be habitual, it would be imprudent to interfere; for the system may have been so accustomed to the stimulus of disease as to require its continuance. The hasty

suppression of old ulcers, cutaneous disorders, &c. has frequently been followed by asthma, disorders of the stomach, or apoplexy. There are many cases of inflammation which are incurable; and although remedies might be safely employed to cure an inflammation, yet from the trifling nature of the case, it would be unnecessary; for after a time, it will frequently subside spontaneously. In attempting to cure an inflammation, all the exciting causes must be first removed; although the disease, for a time, may be even aggravated. If the disease be produced by cold, it is necessary to keep the patient in a uniform temperature, by which it will sooner subside. The treatment of inflammation is varied by many circumstances: the more or less acute degree of the disease; the stage or duration; the habit of the patient, as strong or weak; the nature of the part affected; and the cause producing the disease. The means of cure may be divided into general and local; by the former is meant, such as are applied not to the part itself, but to the rest of the system; by the latter, such as are applied directly to the inflamed part. General remedies* are more effectual than local ones, which indeed may frequently be dispensed with, even where we could apply them without difficulty. Diseases of the eye are more successfully treated by blood-letting and purging, than by ointment, or washes, or any local application; but, blood-letting is the most important of all. Sir Astley Cooper says, that the best lotion that can be

* Sir A. Cooper justly remarks, that "in our endeavours to reduce inflammation, we shall rarely find local means sufficient. Our chief means are constitutional, particularly in the inflammation of vital organs, and the first of these is blood-letting. It is necessary, in employing the lancet, to make a large orifice in the blood-vessel selected for the operation, as the effect depends on the quickness with which the blood is drawn away."

applied to an inflamed part, is a mixture of an ounce of rectified spirit of wine, and five ounces of water: this lotion should be used with a piece of fine linen, and put lightly on the inflamed part. Abstinence, both with regard to food and drink, is necessary when the patient is strong, and the disease recent. "Abstinence, however, is a relative term, and in the application of it, we must be governed by the previous habits of the patient; for what is abstinence to one, may be excess to another. There is no inconsistency in employing blood-letting, and, at the same time, allowing the patient to take food according to his inclination. It is an important part of the treatment of inflammation to equalize the circulation, as a means of preventing that determination of the blood towards the diseased part; but the sinking feel which takes place when food is withheld, is quite incompatible with an equal determination of blood throughout the system. In general, the patient may be safely allowed to follow his inclinations, provided the food be of a simple kind. When gangrene or mortification is likely to ensue, the diet must be nourishing; a quantity of good wine, proportioned to the patient's strength, must be taken. Broiled mutton, and fresh eggs, lightly boiled, are very suitable. It is highly advantageous for the patient to breathe a pure atmosphere; and in the case of fever, it is of the utmost consequence that he should do so. In acute inflammation, exercise is mostly objectionable; and in regard to posture, the easiest is to be preferred. Sleep can seldom be procured by narcotics, without the risk of aggravating the disease. The regulation of the mind is of the first importance, on account of the influence it has on the circulation; but it is doubly so in regard to affections of the brain of all kinds."*

When internal inflammation terminates in adhesion, art can do little or nothing for its relief; but when such a termination occurs in the cellular membrane about the joints, (producing contraction and rigidity,) friction and forcibly stretching the parts, will sometimes overcome the difficulty. This requires to be done with caution, and can only be accomplished by gradual means. A variety of liniments are often used on these occasions, and great importance is attached to them; as if they penetrated the skin, so as to come into contact with the contracted parts, and thereby tended to restore flexibility and motion; but this is totally without foundation. The skin is not to be penetrated with any thing of the kind; such applications only serve to make the friction easier, or else they act as stimulants: friction with any mild oil will answer every useful purpose.—Effusion is another termination of inflammation, giving rise to dropsy of different parts, the treatment for which will be found in its proper place.—Increased secretion, followed by preternatural discharges, is a kind of natural cure for inflammation, as catarrh or diarrhoea. Such discharges are better left to themselves; it is only necessary to interfere by art, when they go to an inconvenient length. Suppuration is a process with which we have little to do: the medical treatment consists in paying attention to the general health. If there be much febrile action, it must be reduced by the usual means; but if there be a deficiency of action, tonics and stimulants, together with a nourishing diet, must be resorted to. In all cases it is of the first importance that the patient be placed in a pure air. The same general principles apply to the treatment of gangrene as to that of suppuration; but the large and indiscriminate use of wine and bark, in the case of gangrene, is very injudicious, and is founded on the mistaken notion that

* Dr. Clutterbuck "On Inflammation."

these are capable of giving strength to the system : " a power (says Dr. Clut-terbuck) which no medicine possesses ; for nothing can give strength to the body but food, and this of the plainest kind, such at least as the appetite calls for. But such medicines, in general, destroy the appetite, and thus are calculated to defeat the object." For the further guidance of our readers, we shall conclude this important subject with a few remarks made by that eminent physician, Dr. Armstrong :—" Convalescence should not be viewed as a state of recovery, but one of great delicacy, in which the body is generally weak, and in which particular parts are usually predisposed, so that general and local impressions are liable to produce serious effects. Upon the whole, I have seen more deaths from relapses than from original attacks, partly owing to practitioners being thrown off their guard, and partly owing to the imprudence of patients at that period. I refer the cases of relapses to errors in the kind or quantity of the diet and drink, to a low or high temperature, to over-exertion of body, to disturbance of mind, or to neglect of bowels ; but relapses might be certainly avoided by gradually recruiting the strength, and avoiding the remote occasions from which they arose."—We shall now proceed to offer a few remarks on the remedies employed for the reduction of inflammation, viz. by blood-letting, vomiting, purgatives, and blisters.

*Blood-letting.**—In point of efficacy,

* Mr. B. Bell has illustrated the importance of blood-letting in the following terms :—" Blood-letting, from being so frequently practised, and every pretender to knowledge in the healing art being able to perform it, the public have been induced to consider it as trivial, with respect to its execution ; but every practitioner of character will acknowledge, that in order to perform it properly, the greatest nicety, steadiness, and exactness, are required. Every other operation in surgery I have frequently seen well performed ; but I have seldom seen blood-letting with the lancet correctly done."

there is no remedy which will bear comparison with blood-letting ; and none which, under certain circumstances, can be so little dispensed with. It is, however, not always successful, or always proper ; and it is much to be wished that the way were known in which blood-letting effected its purpose in the cure of inflammation. Many persons suppose that a patient is bled in order to draw off the bad blood he may have in his veins ; or that there is an overfulness of the vessels, and that it is necessary to lessen the quantity. A small quantity of blood, drawn in a certain way, often produces much greater advantage, than a large quantity differently taken. The more rapidly blood is taken away, the greater is the immediate effect produced by it. If it be drawn faster than the blood-vessels are disposed to contract, the circulation will necessarily be at a stand, and fainting ensue ; for the blood-vessels contract more readily in some individuals than in others, and such persons do not so soon become faint from bleeding. The effect of blood-letting may be either temporary or permanent : the temporary effect is according to the rapidity with which the blood is drawn ; a very few ounces taken quickly from a large orifice, (especially if the patient be in an erect posture,) will produce great sense of weakness, and perhaps absolute fainting ; if the blood be taken slowly, and in the recumbent posture. (so as to avoid fainting,) the weakness induced by it is according to the quantity lost, and then the effect is permanent. The chief circumstances, to be attended to, are the following : the degree and duration of the disease ; the age and habit of the patient, in regard to strength and weakness ; also, the state of the pulse ;*

* "The examination of the pulse is a thing of some importance, and must not be hastily made ; otherwise, a very imperfect notion will be acquired of it. Even in health, a correct

the nature of the part affected ; and the nature of the inflammation itself, as being common or specific. The use of blood-letting will be governed in some measure by the degree or violence of the disease ; generally, the more violent the inflammation, the greater the necessity there is for this and other active remedies ; but, even in slight cases, where there is a tendency to disorganization, bleeding may be advisable. Many fatal terminations of disease in the lungs might be prevented by an early attention to blood-letting. In all cases, it is more efficacious the earlier it is resorted to ; so that it commonly becomes less and less effectual the longer it is delayed, till, at last, it may be wholly inad-

judgment may be formed of the general strength of the system, by the information derived from that source. Frequency of pulse is estimated by the number of pulsations that take place in a minute. There is great latitude in this respect, in different individuals, and at different times, even in health ; the pulse being liable to vary from 60, or less, to 130 or 140 in a minute. The circumstances which appear to determine the frequency of the pulse in health, are age, sex, and individual constitution. In men of from thirty to forty years of age, and of middling stature, its ordinary range is from 65 to 85 ; in old men, it is usually about 60 ; in infants, (immediately after birth,) it is as high as 130, and for the first five years, generally above 100. In females, it is commonly from 5 to 10 strokes more in a minute than in males ; and is generally from 5 to 10 strokes less in the recumbent, than in the erect posture ; so also, in the sleeping than in the waking state. In most persons, it is less frequent in the morning than in the latter part of the day.—Muscular exertion (even that which is required to keep the body erect) renders the pulse more frequent, by accelerating the blood to the heart. Many emotions of the mind have a similar effect ; and the taking of food renders it more frequent. Persons who have naturally a very frequent pulse, are more liable to fall into disease, but inflammation in particular ; and when disease arises in such persons, it proceeds more rapidly in its course, than in the opposite circumstances. Pulmonary consumption is more likely to take place in persons of naturally frequent pulse, and will prove fatal in a shorter space of time.”—*Dr. Clutterbuck.*

missible. The habit of the patient in regard to strength and weakness, will doubtless have much influence on the use of bleeding. There is no difficulty with respect to strong subjects ; but a very unfounded prejudice exists against bleeding of weak persons ; yet it must be borne in mind, that the loss of three or four ounces of blood in a weak person, is equal to a pound in a strong one. Neither infancy nor old age is in itself opposed to venesection ; in infants, on the contrary, there is generally a greater necessity for it, on account of the greater rapidity with which inflammation proceeds to disorganization and death ; but here caution is again necessary in regard to quantity,—ounces being nearly equivalent to pounds in adults. In old age, bleeding to a moderate extent is frequently necessary in cases of inflammation, though it does not require to be so promptly administered. A very frequent pulse in inflammation must be taken in conjunction with other circumstances, in order to justify bleeding. Such a state of pulse is more likely to occur in weak, than in strong subjects ; therefore, bleeding to a large extent must be prohibited in weak cases. A strong pulse usually justifies bleeding ; though it may not always be adviseable ; but a weak one does not necessarily prohibit this evacuation, if there be an urgent call for it in the nature of the symptoms. A small, obscure pulse is not always to be taken as a sign of absolute weakness ; for, in many inflammations, it is generally in this state. It is often so in the beginning of other inflammations, when bleeding is the most useful ; and, in these cases, it rises after the operation, and when the disease is further advanced. Fulness and even strength of pulse are not always a sufficient reason for bleeding ; as in the case of acute rheumatism. The nature of the part affected, has a greater influence in regard to bleeding than might at first be supposed. It is most useful, perhaps,

in diseases of the chest, and least so in rheumatism. In rheumatic fever, the indications for bleeding are of the strongest kind. There is more pain, more fever heat, more strength and fulness of pulse, and more inflammatory appearance of the blood, than in any other disease; yet, experience proves that bleeding is less efficacious than in other disorders; and, when carried to any length, seems adverse to the cure. The extent to which blood-letting is to be carried, (as to quantity and repetition,) is subject to great variety; determinable by the state of the disease, the effect of the remedy, the state of the blood drawn, and various other circumstances. In persons of tolerable general strength, and at the middle period of life, the quantity may vary from six or eight ounces, to twenty or thirty, according to the violence and danger of the disease.* The quantity should be less, the longer the disease has subsisted. In children, (from two to eight months,) from one to three ounces may be considered as safe. In old subjects, it is seldom proper to take more than eight or ten ounces, and this may even be considered large. In regard to repetition, this is governed chiefly by the continuance of the disease; thus, it is often necessary to resort to bleeding till the object be accomplished, or till it appear improper to proceed further, which is to be determined by the strength of the patient. When the small intestines are suffering from active inflammation, six hours can scarcely be allowed to elapse without a recurrence to bleeding, if the disease continue; but, in most other inflammations, a longer interval may be allowed. The pulse becomes smaller and weaker in proportion as the loss of blood is carried further; and there is a point

beyond which it is not prudent to go; but, unfortunately, there are no means of determining this point with any precision: this knowledge must be acquired chiefly from observation and experience. Blood may be drawn in different ways: from some large vein; from arteries; by leeches; by scarification, with or without the aid of cupping-glasses. "But, (says Dr. Clutterbuck,) the application of leeches is the least efficacious mode of taking blood; as, from the slow way in which it flows, the impression made, either on the general system, or on the disease, is not in proportion to the quantity of blood lost. The body altogether may be greatly weakened by the successive application of a great number of leeches, without any beneficial impression being made on the disease, as I have frequently seen; while, in these very cases, an almost immediate stop has been put to the disease afterwards, by the sudden abstraction of a very few ounces of blood from a vein. What I have now said in regard to leeches, applies also to the case of children; and you will find it much less difficult to bleed children in the arm or neck, than is commonly supposed, while it is a far more prompt and efficacious mode of giving relief." Scarification with cupping-glasses, near to the part affected, is an useful mode of drawing blood in many cases, but is much inferior to bleeding. It was formerly supposed, that the taking blood from one part of the body in preference to the other, was a point of some importance; and even at present it is considered far more serviceable to bleed in the foot in certain diseases, than from the arm: this question is scarcely possible to be decided. In this country, we are in the habit of taking blood as near as possible to the part affected; but there may be little ground for his preference."

* On the subject of blood-letting Mr. Abernethy remarks, "that a surgeon is justified in saying, 'I will rather be the executioner myself, than suffer the disease to kill the patient.'"

Vomiting.—Medicine may be taken into the stomach, so as to produce either nausea or vomiting, or both, and often with the effect of beneficially influencing inflammation. Actual vomiting has long been employed in pulmonary inflammation, for the purpose of promoting expectoration. It is of great service in lumbago and some other forms of rheumatism; and it has been used in obstinate cases of ophthalmia, which bleeding had failed to cure. It is, also, a powerful remedy in putting a stop to fevers, at their commencement. The practice, however, is not altogether free from objection in abdominal inflammation, on account of the mechanical violence necessarily exerted on the contents of this cavity in the act of vomiting. The means of producing vomiting are of no great importance; but it is rendered more safe and effectual by previous blood-letting, particularly in diseases of the brain.

Purgatives.—It is remarked by Dr. Clutterbuck, that “the stools are scrutinized with a degree of minuteness that is quite ridiculous, not to say disgusting; and standards have been established for their colour, consistency, quantity, &c. Now, nine times out of ten, the changes observed in the evacuations, are the effect and not the cause of the disease; and they rarely suggest the proper mode of treatment.” Purgatives appear to be of general use in inflammations of the head, neck, or skin. On many occasions, they may be trusted to alone, though they ought not to be allowed to supersede blood-letting in cases of greater magnitude; and they may be considered as more effectual when used after bleeding, than before. In diarrhoea, mild purgatives are highly useful at the commencement of the disease, and, in most cases, are sufficient to carry off the disorder. It must be particularly borne in mind, that the too fre-

quent use of active purgatives may excite inflammation, especially in infants and persons labouring under fever or brain affections.

Blisters.—Stimulating the skin by friction, irritating applications, and exciting artificial inflammation, are to be considered as merely auxiliary means of cure, though sometimes sufficient for the removal of slight and chronic inflammations. Inflammation of the skin may be much more quickly produced by a mustard poultice than by the application of a blister, which too often occasions irritation, amounting frequently to delirium, and still more by the inflammation it is likely to excite in the urinary passages; all which render a blister liable to great objection, and often wholly inadmissible. It may be observed, that blisters are not well adapted to the early stage of violent inflammation; for, in such cases, they will tend rather to aggravate than to mitigate the disease, as well as to disturb, in a high degree, the general system.* *Issues* and *setons* are more serviceable in the chronic than in the acute form of inflammation. “A chronic remedy (says Mr. Abernethy) for a chronic disease.”

ABSCESS.

AN abscess is a collection of matter in a cyst, produced by inflammation. When an inflammation terminates in abscess, there is a remission of the inflammatory symptoms; but these are succeeded by a dull, heavy pain; the swelling gradually becomes elevated, acquires a softness to the feel, and shews a tendency to point in one particular place, which place assumes a whitish or yel-

* “Oh! a blister is a horrible thing in an irritable system, and disturbs the general health more than would be imagined.”—*Mr. Abernethy.*

lowish appearance. "Abscesses are dangerous, (observes Sir A. Cooper,) when situate in vital parts: viz. the brain, heart, or lungs.* They are either of an acute or a chronic nature; the course of the former takes about three weeks, while that of the latter is sometimes extended to six months.

Treatment.—"In the treatment of the acute abscess, the best medicine that can be given is the following:—

"Take of solution of acetate of ammonia, six ounces; sulphate of magnesia, one ounce; tincture of opium, a drachm. Take two or three table-spoonfuls three times a day.

"No medicine, under such circumstances, gives so much relief. The local treatment consists in the application of fomentation and poultice, and enveloping the part with oiled silk. If the acute abscess go through its different stages without any interruption, the best practice is, to leave it undisturbed; but, if one drop of matter be felt to fluctuate, it is advisable to make a free opening. Aperients, with calomel and rhubarb, should be given; evaporating lotions used; you must be strict as to diet and regimen; for though the patient be debilitated, he must be made still weaker."—The treatment of chronic abscesses is very different from that of the acute: "in the last case, (continues Sir A. Cooper,) the state of excitement in the constitution must be diminished; and in the former, every thing must be done to give it additional powers, by allowing generous diet, and giving ammonia and bark: the ammonia is the medicine on which the principal reliance is to be placed. Stimulating poultices should be applied to the part; and the best I know, is made by wetting oatmeal with a solution of salt and water; or it may be made with yeast and oatmeal, or vinegar

and flour. In indolent cases, the part may be covered with compound galbanum plaster; or the plaster of ammoniac with quicksilver, spread on leather."

AGUE, OR INTERMITTENT FEVER.*

THIS disease is distinguished by having three successive stages: viz. a cold stage, a hot stage, and a sweating stage; and is divided into the *tertian*, which returns every other day; the *quartan*, on the first and fourth day; and the *quotidian*, every day. It is likewise termed *autumnal* ague, when it takes place in autumn, and *vernal*, when in the spring. The ague is more prevalent in marshy places; and is said to arise in consequence of marsh vapour, and effluvia of stagnant water when acted upon by the heat of the weather, &c. Poor, watery living, excessive fatigue, weakness, exposure to cold and moisture, damp atmosphere, lying in damp rooms or beds, suppression of some accustomed evacuation, &c. are among the exciting causes; and it may be produced by irritation in the stomach and intestines.—"In the cold stage, (says Dr. Armstrong,) the surface of the body becomes universally cold and shrivelled; the patient generally shivers, the teeth chatter, and he complains of uneasiness, more or less, in the back; his breathing is oppressed, his pulse small and weak, and sometimes he is affected by nausea, retching, or vomiting; he creeps towards the fire, or wishes for additional covering, and feels great languor and lassitude. The duration of this stage is very various, sometimes continuing a quarter, a half, or three quarters of an hour and even longer: it terminates in the hot stage, when the skin becomes hotter and drier than natural, the pulse

*"Surgical Lectures," by Sir A. Cooper.

* Dr. Armstrong says, that "Ague is the first form of typhus fever."

strong, the tongue furred, the cheeks flushed, the eyes bright, and the patient usually complains of his head; this stage also varies in its duration, sometimes continuing from one to four hours, and then passes to the sweating stage. The patient begins to perspire, first about the head, then on his breast, and lastly, over the whole body; after which, (the perspiration ceasing in one, two, three, or four hours, the pulse and heat falling to the natural standard,) the patient seems as well as before, except that he is a little paler, somewhat sallower, and has a slight appearance of debility."

Treatment.—"With respect to the treatment, (continues Dr. A.) it is generally very simple; the object being to remove the cold and induce the hot stage, which is best effected by the use of the warm-air bath, a full dose of opium, (from thirty to forty drops,) with a little brandy and water. When the air-bath is not at hand, lay the patient between warm blankets, put bottles of warm water to the feet, and a bladder of warm water to the pit of the stomach. In the hot stage, this treatment must be reversed; the patient should be covered but slightly, the skin sponged with tepid water, a mild aperient given, (a little calomel and rhubarb,) followed by cold castor oil, and cooling drinks may be allowed. When the sweating stage commences, the patient must be supplied with warm mild liquids; and when this stage has ceased, the skin should be wiped dry, and the personal linen and the sheets of the bed changed. The best thing to be done to prevent a recurrence of the cold fit, is to give an emetic, (twenty grains of ipecacuanha powder,) and after its operation, a full opiate. If the patient should not have been treated until the conclusion of the sweating stage, there must be administered one grain of calomel with about three grains of rhubarb at night, and one

or two drachms of cold-drawn castor oil on the following morning; but, during the intermission, give five grains of the sulphate of quinine, three times before the expected period of the return of the cold stage. If the bowels be kept regular by the mild measures already mentioned; if the patient remain at rest; and if the diet be spare and plain, the sulphate of quinine will always succeed. An unexpected shock given to the nervous system by good or bad news, will sometimes remove ague; and it is well known, that it is often cured among the poor by the pretended efficacy of charms,* which act powerfully on uninformed minds." As the ague is very apt to return, every cause which may tend to bring on a fresh attack, is to be studiously avoided. If the patient live in a part that is marshy, he should take a dose of the sulphate of quinine twice a day, for three or four weeks, particularly in the spring and autumn.

APOPLEXY.

THIS may be strictly termed a disease of the nervous system. Whatever operates in determining a great quantity of blood to the head, or in impeding a free return from it, may be reckoned among the exciting causes; so, also, are violent passions of the mind, intense study, immoderate exercise, intemperance, suppression of accustomed evacuations, indulgence of the appetite, exposure to heat, or excessive cold.—Dr. Armstrong remarks, that "the attack is generally announced for several days, and sometimes weeks; a fact most important to be known, as the attack itself might

* "Cobwebs, spiders, &c. (says Dr. Buchan) are sometimes recommended for ague; but their nastiness is sufficient to set them aside." However, a modern writer (1827) recommends ten grains of cobweb to be taken twice or thrice before the expected time of each fit, and continued for three or four days, or longer!

be commonly warded off by acting on a right knowledge of the premonitory indications. These usual indications are: fulness, weight, tightness, heaviness, pain within the head or giddiness, weakness of sight, noise in the ears, coldness or numbness in some of the extremities, depression of spirits, a fearfulness or confusion of mind, palpitation of the heart, nervousness, and oppression.* Dr. A. considers the immediate attack to occur under two circumstances,—either under depression or excitement. When the attack arises from depression, the skin is cold, and the pulse small and feeble; but when it arises from excitement, the skin is hot, and the pulse expanded and strong. An intermediate variety also exists, in which the temperature is nearly natural, and the pulse flagging and oppressed, as if by a load. Dr. A. further remarks, that most very sudden deaths depend not upon apoplexy, but upon diseases of the heart; for, in apoplexy, patients generally survive the attack several hours, and sometimes even days, unless the rupture take place extensively in some blood-vessel larger than those of the brain, and then, he believes, that death is very sudden. The duration of a fit of apoplexy is very various; but generally from eight to thirty-six hours, or longer. The disease makes its attack at an advanced period of life, and most usually on those of a corpulent habit, with a short neck and large head; and also on those who lead an indolent life, make use of full diet, or drink to excess; but, it may be necessary to observe, that apoplexy may take place even in young subjects.

Treatment.—"When the skin is generally cold, the pulse thready, and the respiration weak, I think the use of the hot air-bath to the surface, and a stimulus to the stomach, should precede the

use of the lancet; but when the skin is hot, and the pulse exhausted, or when the temperature of the skin is nearly natural, and the pulse flagging, blood-letting should at once be boldly adopted to the relief, if possible, of all the urgent symptoms.** After the bleeding, a clyster should be exhibited, composed of an ounce of Epsom salt, in a pint of thin gruel; then add two ounces of olive oil, which may be quickened by the addition of four ounces of infusion of senna. The following purgative will be useful:—

Take of calomel, two grains; jalap, in powder, five grains; rhubarb, in powder, five grains:—mix.

Unless the fit take place soon after a full meal, an emetic is seldom advisable, as the greatest care is requisite in administering by the mouth. A mustard poultice applied to the feet, is a prudent measure at the commencement of the treatment; but, blisters are of doubtful advantage. Dr. Baillie says, "in order to escape from another attack, the patient should live almost entirely throughout future life on vegetable food,† and to abstain from wine, spirits, and malt liquors; and it will be of considerable advantage to avoid any strong or long-continued exertion of the mind." A seton in the nape of the neck, or between the shoulders, is deserving the attention of those who have had one attack. The patient should lead a very regular life, keep the bowels free, use active exercise, and breathe a pure atmosphere. It must not be forgotten, that as soon as the attack commences, the patient should be carried into an open apartment, where the cool air is freely admitted; his head and shoulders placed in an elevated position; all bandages speedily removed,

* Dr. Armstrong.

† "Above all other remedies for preventing the attack, (says Dr. Armstrong,) use a strictly abstemious diet."

* "Principles and Practice of Physic."

and the legs and feet bathed in warm water.

ASTHMA.

DR. CLUTTERBUCK remarks, that "the term 'asthma' is vulgarly applied to almost every case of difficult breathing, however different its immediate cause may be. But, for a long time past, physicians have limited the term to that kind of difficult breathing that recurs periodically, often at pretty regular intervals, and which has been called accordingly, *periodical asthma*, and sometimes (though not always justly) *spasmodic* or *convulsive asthma*." The remote and exciting causes of asthma are various; it frequently owes its origin to a neglected catarrh (cold). A variety of irritating matters inhaled in breathing, may also be reckoned among the exciting causes of the disease. The disposition to it is frequently hereditary; deformity of the chest, sudden changes of temperature, and suppression of long-accustomed evacuations, will predispose to it. When the predisposition is very strong, (as appears to be the case, when the disease becomes habitual,) a variety of indirect and trivial causes are sufficient to excite the fit: *viz.* a disordered stomach, violent exercise, excess or imprudence in diet, or any unusual exertions of mind or body.—There appears to be two species of periodical asthma; the one catarrhal the other simply spasmodic, to which alone, the term spasmodic asthma applies. The catarrhal species is marked by head-ach, drowsiness, pale urine, disturbed rest, and a slow, laborious breathing, accompanied with a wheezing sound; there is, also, a sense of heat and contraction in the chest. Inspiration and expiration are slow and laborious; the patient makes great efforts to get air into the lungs, and to expel it again; in doing which, he calls to his aid many muscles that

are not ordinarily employed in inspiration, but which have some power to elevate the ribs, and thus to expand the chest.* The pulse is generally small and feeble; the nails, lips, and some other parts of the body, are of a livid hue, in consequence of the blood not being properly changed in the lungs; from which circumstance, the circulation is carried on imperfectly, the animal heat is diminished, (more particularly in the extremities,) the brain becomes incapable of carrying on its functions properly, and stupor (sometimes delirium) takes place. The continuance of the fit is very uncertain; it may last for half an hour, or it may continue for several hours. There is little or no cough at first; but towards the decline of the fit, cough and expectoration both make their appearance, and the breathing becomes easy in proportion as the expectoration is copious.—The *periodical asthma* is the dry asthma, so called from being unattended with expectoration in any of its stages. The attack of this form of the disease is often very sudden; it continues for an uncertain period, and frequently terminates as suddenly as it makes its attack. There is a sense of great compression at the chest, as if a cord were drawn tightly round the body: the breathing is short, without either cough or wheezing. It is often attended with pain at the back part of the head, and frequently makes its attack at night. In some instances, there is a combination of the two species mentioned. The recurrence of the fits, in both species, is very uncertain; it may be daily, or oftener. The fit of the *catarrhal asthma* generally recurs towards evening, for several evenings in

* Dr. Armstrong observes, that "if you direct the patient to take a deep inspiration, and hold your ear close to his mouth, you will hear a gurgling, wheezing, rattling, or purring noise; and that noise appears to be deeply seated, as if occasioned by the air passing through the mucus in the air-passages themselves."

succession, then gradually declines ; after which, there is often a long interval before the fit again appears. But, even in the intervals, the breathing is more or less difficult ; the patient being obliged to labour much, in order to elevate the ribs ; to assist in which act, he raises his shoulders, till, from long habit, they become fixed in this position ; so that an asthmatic person may be recognized, in general, by the elevation of his shoulders, in his ordinary gait. Asthma has never been known to occur in infants ; but it has been seen as early as eight or ten years of age. It seldom makes its appearance, for the first time, in old people, though it may continue from an earlier period through life. After continuing, for several years, with great severity, it not unfrequently gradually subsides and disappears, and that even spontaneously. However severe the fits of asthma may be, (and they are such, at times, as seemingly to threaten instant suffocation,) they seldom prove immediately fatal ; though they often do so, by laying a foundation for other fatal diseases. Asthma not unfrequently terminates in general dropsy, and thus proves fatal ; sometimes it induces apoplexy, and an enlargement of the heart or lungs.

Treatment.—In the treatment of this disease, the distinction pointed out between the two species of asthma must be kept in view ; as some of the remedies applicable to the one, are adverse to the other. The treatment altogether may be divided into two parts : that which is applicable during the paroxysm or fit, and that which is employed in the intervals, with a view to prevention, or the radical cure. The remedies employed for the treatment during the fit are merely palliative, and have little tendency to prevent a recurrence ; the object being to put a stop to the fit, or to lessen its violence, and shorten its duration. In vigorous habits, and re-

cent cases, bleeding is both safe and proper ; but, in weak subjects, it rather tends to favour the return of the fit, by increasing irritability : cupping is the best mode of taking blood in these cases. A very strong infusion of roasted Mocha coffee has been found to give ease : Sir John Pringle and Sir J. Floyer (both able physicians) confidently recommended it. A draught, consisting of twenty drops of the solution of acetate of morphia, with half a drachm of ether, and an ounce and a half of mint water, will sometimes be serviceable. On the accession of the fit, an emetic of twenty grains of ipecacuanha is frequently attended with success. If the patient be adverse to taking an emetic, he may substitute the following :—

Take of compound ipecacuanha powder, three grains, with conserve of roses, and make into a pill ; and repeat it every second or third hour, until the fever abate.

Dr. Beddoes and others strongly recommend the inhalation of oxygen gas.* The inhalation of ether may be tried : by heating a tea-pot with boiling water, and, after pouring the water quite off, putting a tea-spoonful or two of ether into the pot, and shutting the lid closely down, the patient may inhale the fumes, by putting the spout into his mouth, and breathing in that way for several minutes. If possible, purging is to be avoided ; but, if the bowels be confined, two to four table-spoonfuls of the following aperient mixture, may be taken every three hours, till it operate :—

Take of Epsom salt, Glauber's salt, of each, half an ounce ; spearmint water, five ounces ; antimonial wine, two drachms ; tincture of senna, an ounce :—mix.

* Dr. Beddoes observes, “no sooner does the gas touch the lungs, than the livid colour of the countenance disappears, the laborious respiration ceases, and the functions of all the organs of the chest go on easily and pleasantly.”

The following is deserving of attention; it has been found to afford relief, when the most powerful anti-spasmodics have failed :—

Take of extract of henbane, three grains; diluted nitric acid, thirty drops; tincture of squill, fifteen drops; water, an ounce and a half:—mix.

The treatment of asthma in the intervals, is by far the most important; the object being to lessen disposition to future attacks, which is effected by diminishing the irritability of the general system, and of the parts immediately concerned. Where the inflammation is not present, the following pills are serviceable :—

Take of compound squill pill, a drachm; powder of ipecacuanha, twelve grains; purified Turkey opium, three grains; camphor, a scruple. Mix, and divide into twenty pills, two of which are to be taken three times a day.

After the patient has recovered from the fit, two or three of the following pills are to be taken three times a day :—

Take of sub-carbonate of iron, a drachm and a half; ipecacuanha, in powder, fifteen grains; extract of gentian, half a drachm; socotorine aloes, in powder, six or eight grains; simple syrup, a sufficient quantity to form the whole into a mass :—divide into thirty pills.

But some persons derive greater benefit from the following; and, as it is impossible to say which may answer best, of course, if the first pills do not agree with the patient, recourse should be had to the second :—

Take of myrrh, in powder, a drachm and a half; sulphate of zinc, ten grains :—mix together in a mortar, and with conserve of roses, make them into a mass. Divide into twenty-four pills; two to be taken three times a day.

Emetics generally give relief, whether they excite nausea only, or full vomiting; therefore, if the fit be expected in the night, an emetic taken in the evening, will often prevent its return, especially if there be any foulness of sto-

mach, &c. Small doses of eight or ten grains of ipecacuanha, will be quite sufficient, which may be repeated as necessity requires. Blisters are generally advisable; and some of the most eminent of the faculty recommend a perpetual issue or seton in the side, thigh, arm, or shoulder. Dr. W. Philip strongly recommends the application of galvanism in habitual asthma; but this must not be used where there is inflammation. The most appropriate remedy known for removing flatulency in this disease, is the following :—

Take of distilled vinegar, three ounces; powder of ipecacuanha, four grains; water, three ounces :—mix, and take four table-spoonfuls every four hours, or as the occasion may require.

The cold bath is of great benefit used in the intervals, if the respiration be tolerably free, but the warm bath is always injurious. Where the patient is of rather a spare habit, and the expectoration somewhat copious, the smoking of tobacco or stramonium, has appeared to be serviceable; but some very able physicians entirely disagree with the practice. A total change of diet, as well as of the other circumstances of the patient, has, in many cases, appeared to subdue the disease. The diet should be light and easy of digestion, consisting of fresh animal food, eggs, bread, tea, cocoa, &c. The patient is recommended by Dr. Uwins to wear a wash-leather waistcoat next the skin, from October to May inclusive. The bowels must be kept regular by the following mild aperient pills, one of which taken at bed-time, will generally be sufficient :—

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, a scruple; Castile soap, ten grains; oil of juniper, five drops. Beat into a mass, and divide into twelve pills.

The body must be kept warm, and the patient avoid damp, and take daily exercise, without fatigue: horse and carriage

exercise are considerably the best. Asthmatic people are very sensibly affected by the changes of weather. In general, they find much difficulty in residing in the atmosphere of large cities; but, on the contrary, we meet with patients with whom this air agrees better than with the purest in country places.* Cornwall and Devonshire are the most eligible situations in Great Britain.—

* Mr. Abernethy, in a lecture delivered by him on this subject, said: "I remember a neighbour of mine perfectly well, whom it was painful to see walk about the street, or breathe any impure air; for you would have thought it must have suffocated him. He had a house in the country; he used to get into his carriage, in Bedford Row, to go to it, and as soon as he got to the end of Gray's-Inn lane, he drew in a mouthful of fresh air, and then breathed perfectly well. Now, the contrary is the case with other persons; they cannot live in the country, but come up to London, and live very comfortably. I remember the case of a man whose lungs were so asthmatical that he could never lie down in his bed, and really his case was so distressing, that his physicians advised him to go to the south of France, and pass the winter. He came to London, in his route to France, and most whimsically called upon me. I told him, what I tell every body else,—that the best thing he could do was to take care of the state of his stomach. (The stomach and the lungs are supplied by the same nerves, and I holdly declare, that I believe the irritation of the lungs proceeds from the state of the digestive organs.) In about three weeks afterwards, he called on me again, and said,—'Oh! I have been living in London; I have been doing as you bade me, and I have not had the least difficulty in breathing since I saw you; and I begin to doubt whether I shall go to France at all. What do you think?'—I said, 'I don't know what to think; nor do I know how you are to determine, except by going back to your own residence, and seeing how you are when you get there.' He went back; and, egad! the very first night he got into bed, in his own house, he was almost suffocated. Now, that man lived on the top of a high hill, where the air, of course, was fresh and pure." Mr. A. also mentioned the case of a man, whose room was filled with sulphuric acid gas, and the patient found it relieved his difficulty of breathing in a surprising degree. Thus, "all this leads to convince me, (continued Mr. A.) that there is a state of irritability in the lungs, which proceeds from the state of the stomach."

"Whatever is to be done, (says that learned lecturer, Dr. Clutterbuck,) it can only be by long experience; cautiously avoiding every known exciting cause; for the longer the intervals are protracted, the greater is the chance of the disposition declining so as gradually to wear itself out."

BARRENNESS.

THE causes of barrenness are numerous, but it most frequently arises from irregular menstruation.* If barrenness should arise from any imperfection of the conceptive power, the use of the tepid bath will be beneficial; strict attention being paid to the state of the bowels. If the constitution be vigorous, a spare milk diet, united with exercise, may be resorted to. Dr. Taylor states that he has seen this treatment answer in many cases which have come under his notice. Medicine can effect but little; the remedy chiefly lying in the habits of the female.

BLEEDING FROM THE NOSE.

A confined state of the bowels, or an unhealthy state of the constitution, is the most frequent cause of this affection. Sometimes it is preceded by pain and heaviness in the head, ringing in the ears, quick pulse, and flushing of the face. Females are much less subject to it than males after menstruation has commenced.

Treatment.—It is important to know whether this discharge proceeds from disease, or from an effort of nature to relieve some manifest injury. In full habits it is attended with advantage, provided care be taken that it do not continue too long, so as to occasion weakness; in weakly persons, it requires to be checked as soon as possible. When it is necessary to stop this

* See the Article, "Menstruation."

discharge, the patient ought to be freely exposed to the air, and placed in an erect posture, with his body somewhat inclined backwards, and he should drink cold liquids. It has been recommended to immerse the head in cold water; but we prefer cold water and vinegar to be thrown up the nostrils with a syringe. The patient may take ten drops of the tincture of digitalis three times a day, and use a spare and simple diet. When the bleeding arises in debilitated persons, a mild and nourishing diet should be resorted to immediately; and the patient must breathe the pure air, and take gentle exercise. Medicine can do but little in this case.

BOILS.

THESE not unfrequently arise in weakly habits; and where such is the case, Mr. Abernethy recommends the use of the compound decoction of sarsaparilla, and a mild nourishing diet. Where boils occur in vigorous persons, some cooling opening medicine should be taken, and a poultice applied to the affected part, until suppuration take place, when it may be dressed with some cooling ointment.

GUM-BOILS are frequently connected with an unhealthy condition of the bowels and the teeth; therefore attention to the bowels is necessary; for which purpose, the following may be taken every other day:—

Take of Epsom salt, half an ounce; Glauber's salt, half an ounce; spearmint water, five ounces; antimonial wine, two drachms; tincture of senna, an ounce:—mix, and take two or three table-spoonfuls, according to its operation.

Gum-boils seldom disperse without passing into suppuration; therefore, the process should be encouraged by warm fomentations. After the abscess has burst, the mouth should be washed with a lotion, composed of twenty grains of sulphate of zinc dissolved in half a pint

of rose water. Sometimes it is necessary to open the tumours with a lancet.

BRAIN FEVER.*

THE remote causes of this affection, as in others, are either predisposing or exciting. The predisposing causes are those which break up the general strength; such as mental anxiety, long fasting, loss of blood, &c. The exciting causes are the inordinate use of ardent spirits, wine, or strong malt liquors;† excess of venery; the influence of metals; the heat of the sun to the head; or the too frequent use of opium. This affection is announced by a general irritability of the body, and by the patient being fidgetty and fretful. He passes his nights without sleep, and shortly becomes more fretful. He now fancies that his friends have entered into a conspiracy to betray him; and his countenance undergoes a very great change. A great dampness of the skin succeeds, particularly on motion; the face becomes pale; and the expression is wild, quick, and varied. The pulse is soft and compressible; but where the affection is produced by a chance fit of hard drinking, the pulse has a degree of resistance.

Treatment.—"If called early to a patient having this affection of the brain,

* What is here called Brain Fever, is a peculiar disease of persons of intemperate habits, and is now generally known by the name of Delirium Tremens or Vigilans, as the delirium is attended with a great degree of tremor and an entire loss of sleep. Its management should be undertaken only by a physician.

† Dr. Armstrong says, that "this affection invariably comes on when the patient is in that state of exhaustion which follows stimulation. If a man be intoxicated to-day, on the following morning he feels exhausted; and if he be in the habit of getting intoxicated, he can do nothing before he has had his cups, which being suddenly left off, or lessened, leave the nervous system in so disturbed a condition as to lead to brain fever."—*Principles and Practice of Physic.*

(says Dr. Armstrong,) I should first act upon the bowels by some mild aperient, such as an ounce and a half of the infusion of senna, with about a drachm of the sulphate of magnesia, and the same quantity of manna; but previously to doing this, inquiries should be made as to the state of the bowels; and, if they have been recently open, it is unnecessary to give this medicine. If the patient have been a confirmed drunkard, the pulse will be very weak, the skin damp and cool, and, therefore, it will be necessary to give sixty drops of the tincture of opium, which may be repeated every six hours, for two days, if sleep should not occur. The object is to produce sleep, and if this can be done within the first forty-eight hours, the recovery will be very rapid. If we succeed in procuring sleep, it generally continues for about six or eight hours, and when the patient awakes, all the symptoms will have vanished like a dream. Where the opium fails, a mild aperient, daily, with a moderate opiate afterwards, will frequently answer, provided the patient be properly supported with mild, nourishing food. Whenever persons are excessively nervous, they require a considerable supply of food; but it should not be given in large quantities at a time, although it may be taken frequently. Nervous women also require small but frequent supplies of light nourishment. More food is necessary for patients recovering from this affection than under ordinary circumstances; and if the patient has been a confirmed drunkard, some of his usual beverage should be allowed, such as ale or porter, or a little wine. Wrapping a cold wet cloth round the head, will often very much relieve the patient, and procure sleep. Sometimes recourse is had to the use of the tepid or cold shower bath,* when the

opium fails to procure sleep. If the patient be robust, a bath about 60 degrees, or if delicate, about 96, will generally answer best. But, that which proves more useful than any thing else in these cases, (in which the opium and the cold bathing fail,) is passive exercise in the open air; for which purpose the patient should be placed in a boat, (properly watched,) or in an open carriage, and thus moved rapidly, so that the air may play about him. This will often procure sleep where all other expedients have been tried in vain. Throughout the whole of this affection, the bowels should be kept gently open. Blood-letting is required in some cases, but if the practice be used repeatedly and indiscriminately, it is generally fatal; nevertheless, in youth, and whilst the patient is single, moderate bleeding is serviceable at the onset. The pulse is the best criterion whether bleeding is necessary; but be cautious, most cautious, in its repetition. The straight-waistcoat ought never to be employed in any case, except where the patient remains quiet while it is on; a circumstance which rarely happens." The treatment here laid down by Dr. Armstrong, is now in pretty general practice.

BREAST-PANG, OR ANGINA PECTORIS.

THIS is an acute constrictive pain about the breast-bone, inclining rather on the left side, and extending up into the left arm, accompanied by great anxiety, violent palpitations of the heart, laborious breathing, and a sense of suffocation. The cause is supposed to be some sort of positive disease in the structure of the heart, or its blood-vessels; it must not, however, be confounded with the spasmodic affection

* Dr. Currie has laid it down as a rule, that when the skin is hotter and drier than natural, and when the patient is not particularly sus-

ceptible of the influence of the cold bath, then, and only then, can the cold effusion be used with safety.

which arises from imperfect digestion. Men are most subject to this complaint, particularly those who have short necks, who are inclined to corpulency, and who, at the same time, lead an inactive or sedentary life. Although it is sometimes met with in persons under the age of twenty, it more frequently occurs in those who are between forty and fifty.—In the first stage of the disease, the fit comes on by going up hill, up stairs, or by walking at a quick pace after a hearty meal; but in a little time, the paroxysms are apt to be excited by certain passions of the mind; by slow walking; by riding on horseback or in a carriage; or by sneezing, coughing, speaking, or straining at stool. Sometimes the patient is attacked from two to four o'clock in the morning, or while sitting or standing, without any previous exertion or obvious cause. During the fit, the pulse sinks and becomes irregular; the face and extremities are pale, and bathed in a cold sweat; and for some time, the patient is generally deprived of the powers of sense and voluntary motion. The disease having recurred more or less frequently during the space of some years, a violent attack at last puts a sudden period to the patient's existence.

Treatment.—During the paroxysm, considerable relief is to be obtained from blood-letting, rest, and a combination of opium and ether; but the bleeding must only be used in patients of full habit of body. Dr. Heberden, who was the first physician who published a description of this disease, entirely disapproves of bleeding, vomiting, or purging for this complaint. It is considered, that three or four grains of the white oxyde of bismuth made into a pill with extract of gentian, and taken three times a day, will be very serviceable in allaying the paroxysm. Sometimes the fit will yield to a little brandy and water, or half a tea-spoonful of ether. The opium ought

not to be too frequently used; for although the combination of opium and ether has been prescribed as a speedy remedy, yet we would rather that the patient should first try twenty drops of the acetate of morphia in a glass of lukewarm water. Several cases have been treated with great success by inserting a large issue in each thigh; many medical men, however, insert the issues between the shoulders. The application of a blister to the breast is sometimes attended with a good effect; but a blister should never be applied without first having the advice of a respectable practitioner.* With the view of preventing a recurrence of the disorder, the patient should carefully guard against passion or other emotions of the mind; he should use a light, generous diet, refrain from spirituous or heating liquors, and avoid any kind of exercise immediately after eating. He should endeavour to counteract any disposition to corpulency, which may be generally effected by a vegetable diet, moderate exercise at proper times, early rising, and keeping the body perfectly open with laxative medicines.†

CANCER.

THIS is a hard tumour, which is capable of infecting other parts. It most commonly attacks the breast, womb, lip, or tongue; and is considered by many practitioners to arise from a cold and variable climate, disordered health, mechanical violence, the change affected in the constitution of women at the time when the customary evacuations cease, &c. "As to the cause of this disease, (observes Sir A. Cooper,) it is very frequently attributed to accident; but this is rarely a cause; now and then it is the result of a blow, or pressure on the

* See the article "Inflammation."

† Dr. Clutterbuck.

part, yet it is always preceded by a state of constitution which has excited it: there must be some predisposing cause in the constitution, else it will not occur. It may be observed, that one of the most frequent causes of cancer in the breast, is grief or anxiety of mind; indeed, I may say, full three-fourths of the cases arise from this cause." Married women, who bear no children, and single women, are more subject to cancer in the breast, than those who have large families; "yet (remarks Sir A. Cooper,) I knew a woman, with this disease who had been pregnant seventeen times."

—On the tongue, lip,* or any other part of the skin, the disease generally commences with a small pimple, which hardens by degrees, and finally ulcerates. When cancer takes place in the breast, it usually commences with a small indolent tumour; and now and then a little blood is discharged from the nipple. At first, it is moveable, free from pain, and circumscribed. In this state, it continues a long time; for weeks and months, gradually increasing until a violent darting pain is felt in the breast; the patient says it is like a knife or a lancet being pushed into it; there is also a burning sensation in the part, and the patient feels worse about four days before menstruation. In the progress of the complaint, a number of black spots appear, and these increase as the breast enlarges. In the second stage, inflammation of the skin and nipple comes on; the constitution is severely affected; there is a difficulty of breathing; an in-

ability to lie but on one side; pain in the right side, and also in the loins; deranged stomach; frequent vomiting; at last, the patient becomes worn out from irritation, and death ensues. The progress of this complaint is extremely slow; in general, however, it destroys life in about four years from its commencement: cases have been known to extend to twenty years.*—When this disease attacks the womb, it is known by its lancinating pains, an immoderate flow of the menses or whites, or both. By degrees, the external parts swell, which swelling sometimes extends along the thigh.

Treatment.—"Let me observe, (continues Sir A. Cooper,) that we possess no medicine which has any power over the disease; and those who say they have, are men entirely lost to all sense of honour and honesty. All we can do by medicine is, to change the state of constitution prior to an operation, so as to prepare the patient for it. As to local treatment, we possess no specific local application; sometimes evaporating lotions are used, but I do not like the practice. Under warm applications, the disease grows, for they increase the determination of the blood to the part. If there be much pain, I order a drachm of extract of beladonna to be rubbed down with an ounce of the soap cerate, which is the most useful application that I know of. If there be much inflammation, leeches may be applied; though the mode of treatment which I like, is to alter the constitution, by the exhibition of five grains of Plummer's pill at bedtime, and the use of the following, two or three times a day:—

"Take of infusion of gentian, an ounce and a half; tincture of columba, a drachm; carbonate of ammonia, five grains; carbonate of soda, half a drachm:—mix.

"Some say, you should pay attention to

* Sir A. Cooper.

* "Cancer on the lip mostly arises from the use of a pipe, and the manner in which it arises is this: the adhesive nature of the clay of which the pipe is made, causes it to adhere to the lip; at length, the skin becomes torn off, and the continued irritation frets the sore into a true cancerous disease. I am quite sure that it is produced in this way; for I never saw the disease in the upper lip but once. An operation or the complete removal of the disease is the patient's only real hope of succour."—"Lectures on Surgery," by Sir A. Cooper.

diet; so you should; but if you give a patient a vegetable diet, allow her nothing but water to drink, and keep her low, it will be the worst plan which can be pursued. If a patient consult me how she is to live, I say, take those things which you find agree with your own feelings, and which do not derange the general health. But wine and spirits I prohibit. Climate has been supposed to have an effect in preventing that state of constitution which favours the return of the disease; I say it has no such influence. In a great number of cases, the disease returns in the breast or other parts of the body, after an operation; still I perform the operation. I feel it my duty to say to the patient, that 'there is only one chance for you, and that is an operation; it sometimes prevents the return of the disease, and it may do so in your case.'" Change of air and scene, with daily exercise, will always be beneficial.

CARBUNCLE.

This is a broad, flat, firm, burning tumour. Its first appearance is similar to a boil; it rises a little above the skin, and commonly contains watery blood. Weakly, depraved habits, and elderly people, are the most frequent subjects of carbuncle.

Treatment.—Warm fomentations and poultices must be applied; and Sir A. Cooper recommends the frequent use of the following lotion:

Take of spirit of turpentine, three ounces;
olive oil, three ounces. This must be
used with soft linen rags.

It is generally necessary to use the lancet, in order that the contents may be squeezed out, without giving great pain. As the carbuncle frequently assumes a mortified aspect, a generous and nourishing diet is necessary. "A little wine or good porter, (says Sir A. C.) is highly necessary." In the treat-

ment, the state of the bowels must be consulted.

CATARACT.

By cataract is meant an opacity of the crystalline lens or its capsule. There are four kinds of cataract; to particularize which is unnecessary.* At first, there is always a defect of vision, and the patient sees things as through a mist, and requires a strong light to see them plainly; this symptom changes during the progress of the complaint, the patient being able to see better in a moderate than a strong light, and then a speck or opacity in the lens, or capsule, may be distinctly observed; this speck gradually enlarges, and in proportion as the opacity increases, the sight becomes more dim, and the capability of discerning objects diminishes. "The causes of cataract (observes Mr. Green) are generally very obscure. Cataract, however, arises sometimes from obvious causes, *viz.* injury, inflammation, or sharp-pointed bodies wounding the capsule of the lens or the lens itself, and consequently producing opacity of those parts; but these causes are exceedingly rare, for by far the greater number of cases is produced spontaneously." This is a case which calls for the most prompt surgical assistance; therefore, it would be quite futile to offer any further remarks on the subject. As much difference of opinion exists as to the treatment of cataract, we would advise the patient to ask the advice of a surgeon.

CATARRH, OR COLD.

"As to its essence or intrinsic nature, catarrh is the same disease wherever seated. The general cause is the tak-

* "On looking at a cataract, you cannot always be certain that it is of this or that kind."
—Mr. Green, Lecturer on Diseases of the Eye, at St. Thomas's Hospital.

ing cold, as it is termed, and hence the disease itself is often called a *cold*.”* Irritating matters of any kind applied to the membrane, or inhaled in breathing, are sufficient to bring on the disease. The smoky atmosphere of a large town often brings on catarrh in persons unaccustomed to such a stimulus. When dry and cold winds prevail for a length of time, the disease generally becomes epidemic.—The symptoms of catarrhal inflammation, are a sense of heat and soreness, with dryness, of the membrane lining any part of the air passages, attended also with redness and swelling. In severe cases, a fever state of system accompanies the disease. After an uncertain period, (it may be only a few hours,) the secretion from the part returns; at first, it is thin and watery in appearance, but acrid in quality, so as readily to irritate and inflame the surfaces to which it is applied. It then becomes more glutinous; and afterwards, more or less opaque and copious; and, in proportion as these changes take place, the inflammatory symptoms subside. In aggravated cases, the fluid secreted has a thin and even bloody appearance, or there may be actual hemorrhage; ulceration may also follow.

Treatment.—Slight cases require no medical aid, the disease soon terminating spontaneously. The patient should live abstemiously, and drink copiously of mild diluent liquors, and confine himself in a moderately warm atmosphere. If the bowels be confined, of course, a mild purgative will be necessary. In violent attacks, blood-letting, gentle perspiration, and expectoration, must be resorted to, and the following taken every four hours, and its effects assisted by drinking plentifully of mild diluent drinks:—

Take of camphor, four grains; antimonial powder, two grains; and confection of roses, enough to make a bolus.

* Dr. Clutterbuck.

Should a cough prevail, a large spoonful of the following may be taken frequently:—

Take of mucilage of gum arabic, six ounces; oil of sweet almonds, one ounce; syrup of tolu, half an ounce; solution of sub-carbonate of ammonia, sixty drops.

The patient's feet and legs should be put into warm water every night at bedtime.—Sir A. Cooper observes, “I do not know what it is to take cold; but, if I feel indisposed, my never-failing remedy is one grain of calomel, combined with four grains of cathartic extract. The methods by which I preserve my own health, are temperance, early-rising, and sponging my body every morning with cold water, immediately after getting out of bed; a practice which I have adopted since I was twenty-four years of age.”*

CHOLERA MORBUS.

THIS disorder rarely appears except towards the end of summer; and it is observed to confine itself chiefly to the month of August. The immediate causes are exposure to cold, indigestible matter of any kind taken into the stomach, but especially putrescent substances. Crabs and other shell-fish readily produce this disease in some persons; so also, will violent purgatives and sudden fright.—The symptoms are violent pain in the stomach and bowels, which is quickly followed by enormous vomiting and purging of bilious matter. The pulse is small, frequent, and often very irregular; and cramps of the legs, hiccup, and coldness of the extremities, may be reckoned among the other symptoms.

A grain and a half of opium may be given as a pill, every hour. Warm fomentations should be applied to the abdomen and lower extremities; and, if practicable, the warm bath. If, when

* “Lectures on Surgery.”

the vomiting and purging have ceased, there remain pain of a continued kind in the abdomen, with tenderness to the touch, a blister should be applied; and, if the strength or general health will allow of it, bleeding may be exercised. After an interval of twenty-four hours, a mile purgative should be given. An emollient clyster may be used with advantage. Copious diluent drinks of weak chicken broth, barley-water, toast and water, &c. should be taken.

COLIC.

THIS disease may be defined to be a violent fluctuating pain in the abdomen, with spasmodic contraction, and sometimes vomiting, without the signs of inflammation.—The causes of colic are cold, indigestible food, acid or other irritating matters taken in the bowels; continued costiveness, violent purgatives, &c. Painters, plumbers, &c. are often troubled with this disease, from their inhaling the fumes of lead; hence the name of "Painters' Colic." It is also called "Devonshire Colic," from its frequent occurrence in that and other cider countries, the cider being impregnated with the lead of which the cisterns are lined.—Colic is characterized by very acute pain, chiefly about the navel; and the patient bends the body forward for ease. There are spasmodic contractions of the abdominal muscles, attended with vomiting and costiveness.

Treatment.—As the object of treatment is to take off the spasm, the hot bath may be used, or warm fomentations applied to the abdomen. A large dose of castor oil, or the following purgative, should be administered:—

Take of compound infusion of senna, an ounce and a half; cinnamon water, two drachms; manna, a drachm; Epsom salt, two drachms:—mix.

A valuable remedy is very often found

in clysters, which should be frequently injected: *viz.*

Take of Glauber's salt, one ounce; olive oil, one ounce and a half; thin gruel, twelve ounces.

It is frequently necessary to administer opium by injection; for which purpose, one hundred and twenty drops of laudanum may be mixed with four ounces of olive oil. Other means failing, half a drachm, or at most, a drachm of tobacco may be put to a pint of hot water, and used as a clyster.—The *Painters' Colic* is to be treated in the same manner; and its recurrence may be sometimes prevented by the use of the following pills:—

Take of calomel, four grains; purified opium, twelve grains; and a sufficient quantity of conserve of roses to make the whole into six pills.

This will frequently counteract the poison of the lead, and remove the palsied state of the wrists and arms.—The *Flatulent Colic* is accompanied with a rumbling noise, which returns daily, or oftener, and is a very painful and distressing disease. It arises from indigestion, and is often difficult of removal. The food should be of a stimulant quality, and chiefly animal; and two table-spoonfuls of the following mixture ought to be taken frequently:—

Take of peppermint water, four ounces; spirit of carraway, two ounces; compound tincture of lavender, half an ounce; tincture of opium, one drachm.

CORNS.

THESE are entirely owing to long-continued pressure, and their cure principally consists in its removal. Corns of long-standing should be soaked in warm water, and afterwards have the following plaster applied:—

Take of purified ammoniac, two ounces; yellow wax, two ounces; acetate of copper, six drachms. Melt the first two ingredients together, and after removing

them from the fire, add the acetate of copper just before they get cold.

Mr. S. Cooper states this to be an infallible remedy. He recommends the plaster to be spread on a piece of soft leather or linen; previously paring away, very carefully, as much of the corn, with a knife, as can conveniently be done. This process must be renewed in a fortnight, if the corn be not removed by that time.

COSTIVENESS.

A CONSTIPATED habit of body is the source of numerous complaints: *viz.* head-ach, lowness of spirits, piles, fistula, general debility, strictures of the rectum, &c. Persons who are subject to the gout, acute fevers, diseased state of the liver, spleen, &c. are particularly subject to costiveness; as also those who lead sedentary lives, or who are of a robust habit, with a hearty appetite and strong digestive powers. Costiveness is frequently occasioned by neglecting the usual time of going to stool, thereby checking the natural tendency to those salutary excretions.

Treatment.—The principal treatment of costiveness is by attention to diet, moderate exercise, friction, and the use of mild medicine. Purging medicines, frequently repeated, weaken the bowels and injure the digestion. All astringent articles of diet should be carefully avoided, and only a small portion taken of those which are laxative. Indeed, it is the opinion of the most eminent practitioners, that if sufficient regard were paid to the quantity and quality of the food, costiveness would be but little complained of. Brown bread should be used in preference to white. Home-brewed beer may be taken in small quantities; but wine and spirits must be forbidden. The warm bath is particularly serviceable in costive habits; as also the friction occasioned by spong-

ing the body, as recommended in the article "Diet and Regimen."* When this complaint occurs in the strong and robust, a little castor oil may be taken, so as to produce one or two motions daily, until the bowels be relieved. "Medicine can perform but little, (says Mr. Abernethy); you must be sparing in your diet, and take moderate exercise in the open air."

DIABETES.

(*Immoderate flow of Urine.*)

THE causes of diabetes are seldom obvious, and, in general, cannot be ascertained. It has appeared to have been produced by the use of spirituous liquors, cold applied to the body, unwholesome diet, excessive use of mercury, &c. The urine† is much increased in quantity, is sweetish to the taste, and, in fact, contains a portion of saccharine matter. The characteristics of this disease are, that it is mostly attended with a voracious appetite, accompanied with immoderate thirst; the patient usually complains of uneasiness in the region of the kidneys; and sometimes there is a dull, aching pain felt. The disorder of constitution is usually considerable, the skin being hot, and of a remarkably parched feel; the pulse is quick and small; the tongue dry, frequently covered with a white fur, and sometimes of a glossy redness. The immoderate flow of urine often exceeds in weight all the solids and fluids taken in; and that which is discharged, is pale and of a whey-like appearance, and of a peculiar odour, that has been compared with that of violets. Sixteen

* "Diet and Regimen," p. 19.

† "The urine of Diabetes, (says Dr. Prout,) is almost always of a pale straw or greenish colour. Its smell is commonly faint and peculiar, sometimes resembling sweet-whey or milk; and its taste is always more or less saccharine."

to twenty quarts have been passed in twenty-four hours in this disease.

Treatment.—As the nature and cause of this disease are so obscure, the treatment must be uncertain and unsatisfactory. Some practitioners have kept the patient upon animal food; and, for a time, the urine has resumed its natural character; “but this advantage, partial as it is, is only temporary; for the plan of treatment is so very repugnant to the patient’s feelings, that he seldom has resolution to continue it for any length of time.”* Occasional bleeding is advisable; it has been found advantageous, by lessening local pain and fever action; and the urine has been diminished in quantity. The following has been found to have afforded considerable relief in several cases: at the commencement, two table-spoonfuls, in the like quantity of water, should be taken three times a day, and the dose gradually increased to four table-spoonfuls:—

Take of nitric acid, one drachm and a half; barley-water, nine ounces; simple syrup, one ounce:—mix.

The following will often assist the other means employed to overcome the great irritation; it may be taken four times a day, in a glass of lime-water:—

Take of yellow bark, in powder, one scruple; whortleberry, in powder, one scruple; opium, in powder, half a grain:—mix.

Daily friction on the region of the kidneys and back must be used; for which purpose, the liniment here prescribed can be applied:—

Take of water of ammonia, or of spirit of hartshorn, an ounce; olive oil, two ounces. Shake them together till they unite.

Dr. Baillie recommends the use of fifty drops of laudanum, mixed with some infusion of rhubarb: Dr. B. says, “under this treatment, the disease will often

gradually subside, and ultimately cease altogether. It is, however, very apt to recur; therefore, for some months after the patient is well, this plan of treatment should be continued in smaller doses.” It is considered by most practitioners, that the diet should be temperate, and consist chiefly of animal food; and that lime-water or Bristol water ought to be the common beverage; but, Dr. Clutterbuck states, from what he has been able to observe, that the patient may very well, in general, be left to follow his own inclination. The bowels may be kept regular by two or three of the following pills being taken at bedtime:—

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, half a drachm; calomel, twelve grains; oil of carraway, five drops; and a sufficient quantity of syrup to form the whole into a mass.

It is said by Dr. Clutterbuck, that in very few instances the patients recover from this disease; although it is often protracted for some years.

DIARRHŒA.

THIS disease is most frequently produced by cold, especially by wetting the feet. Irritating matters of all kinds introduced into the stomach, or generated there, are to be ranked among the occasional causes of the disease. It is known by a discharge of thin, foul matter, the stools becoming gradually more watery and less copious. After a time, the stools are more slimy, and sometimes bloody, attended with griping pain. There is generally soreness of the abdomen, and often a deficient appetite. The taking of food usually produces a stool, and which frequently passes unchanged. At other times, the stools are whitish. The disease may be a symptom of a disorganized state of the bowels.

* Dr. Clutterbuck.

Treatment.—"With respect to the treatment of diarrhœa, (observes Dr. Clutterbuck,) it is sufficiently simple, if attention be paid to the probable cause. In most cases, the disease is better left to itself; for, after a day or two, it usually ceases spontaneously. If it be hastily suppressed, it is liable to be followed by a relapse, when the inflammation extends itself to the general substance of the intestine." When the disease appears to arise from indigestion, an emetic of three or four grains of ipecacuanha, will be highly useful; but, if it arise from fermentation in the stomach, and consequent acidity, the following may be taken in a glass of cinnamon-water :—

Take of magnesia, thirty grains; rhubarb, one scruple.

If the disease arise from cold, (which is the most common case,) it must not be attempted to be checked in the first instance, because the evacuation tends to carry off the inflammation; it is, in fact, the natural cure. If it continue longer, so as to distress the patient considerably, then remedies are to be employed. When the patient is strong, and there is much pain or soreness of the abdomen, and the fever symptoms run high, even bleeding is proper to a moderate extent, and will greatly facilitate the cure; at all events, the mild purgative already prescribed, should be employed; and if the purging should not then cease, a quarter or half a grain of opium may be administered three or four times in twenty-four hours. In slight cases, it will be sufficient if administered at night only. Should these means prove ineffectual, give an ounce of compound tincture of rhubarb, and two table-spoonfuls of the following are to be taken occasionally :—

Take of chalk mixture, four ounces; spirit of cinnamon, one ounce; solution of the carbonate of ammonia, one drachm; tincture of opium, twenty four drops.

When the disease proceeds from obstructed perspiration, bathing the feet in warm water, and taking ten grains of James's powder at night, will be attended with much benefit.—Food should be taken sparingly, because the action of the stomach is impaired; there is, however, a great deal of unnecessary refinement practised in these cases, in regard both to food and drink. In general, the appetite may be safely trusted, provided the quantity be limited. The impregnating the drinks with soft, slimy substances does not at all answer the purpose of sheathing the bowels, which is an absurd and mechanical notion. Warm water alone is far preferable.*

DISEASES OF THE BLADDER.

INFLAMMATION of the bladder is produced by the usual causes of inflammation; such as exposure to cold, external injuries, &c. Sometimes it is hereditary. It is also frequently caused by retaining the urine for a considerable time after feeling an inclination to part with it: this cause alone has induced the complaint in a severe degree, and sometimes proved fatal. Not unfrequently, the affection arises from gonorrhœa.—This disease is characterized by more or less pain, which is aggravated upon pressure being made on the part. The smallest quantity of urine produces irritation, and the desire to void it; indeed not more than ten or fifteen minutes elapse, before the inclination recurs. What is passed is frequently mixed with blood, or mucus. The constitution, in general, suffers considerably; the pulse is frequent, and the tongue is furred and dry. As the disease sometimes proves fatal quickly, the most prompt measures must be taken.

* Dr. Clutterbuck.

Treatment.*—The usual treatment of this disease is similar to that of inflammation in other parts. Blood-letting, cupping on the loins, warm fomentations, and the warm bath, are the principal remedies. After the patient has lost blood, a blister should be placed on the lowest part of the belly, over the region of the affected organ, (previously shaving the part,) and a grain of opium, mixed with a grain of calomel, made into a pill, taken immediately: if the symptoms be severe, the pill must be repeated every night, or taken twice a day. To relieve the pain, and lessen the disposition of the bladder to contract, an injection of warm water, with opium, will generally answer the purpose. To keep the bladder in a state of rest, a short flexible catheter should be introduced, and constantly worn by the patient; which instrument will cause the urine to escape as fast as it is secreted by the kidneys, thus keeping the bladder empty: the point of the catheter should be tied to a bandage, carried between the thighs and round the loins.† Throughout the disorder, the bowels must be kept free by the use of castor oil; but if the symptoms be acute, a tea-spoonful of alkaline solution, with four drops of laudanum, may be taken three or four times a day as the patient recovers; the quantity of opium may be gradually lessened to one or two drops at a time.—Should the bladder become ulcerated, the same mode of treatment must be adopted; with the exception of the pill already prescribed, the following may be substituted:—

Take of calomel, ten grains; James's powder, ten grains; Turkey opium, in pow-

* Mr. Abernethy says, "I know of no specific remedies for this disease; none worth talking of. We try different things, and what does good in one case, will not in another. I say we must put the digestive organs to rights, and all the remedies may be termed empirical."

—*Lectures on Surgery.*

† Sir A. Cooper.

der, four grains; and a sufficient quantity of hips to form the whole into a mass. Divide into ten pills, and one to be taken every night, or twice a day, as the occasion may require.

MUCUS DISCHARGE FROM THE BLADDER.—This discharge is produced from the internal surface of the kidneys, ureters, and bladder. The patient discharges, by the urethra, a quantity of thick, ropy mucus of a yellow colour, unmingled with blood.

Treatment.—Ten or fifteen drops of the capivi balsam should be taken three times a day, on sugar or in water; or thirty drops of the solution of oxymuriate of mercury, and half a drachm of sweet spirit of nitre, in water, three times a day. Soda water must be the patient's sole beverage, and the bowels kept easy by one of the following pills:—

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, a scruple; Castile soap, ten grains; oil of juniper, five drops. Divide into twelve pills, and take one at bedtime.

DISEASES OF THE EAR.

EXPOSURE to cold is generally the cause of an affection of the ear; but it may arise from the natural weakness of the organ, or from disorder of the digestive functions. When the complaint is merely a local affection, leeches may be applied near the part affected; or it may be sometimes necessary to have recourse to bleeding. In either case, however, it must be followed by warm fomentations, poultices, &c. Mild purgatives must be administered according to circumstances. But it is considered by many practitioners,* that the best mode of treating this disease is by an emetic combined with a purgative; for which purpose the following should be used:—

Take of ipecacuanha powder, thirty grains; tartrate of antimony, one grain; calo-

* Among whom may be classed Mr. Lawrence, Mr. Bell, and Mr. Green.

mel, five grains. This, when mixed, may be taken in a little honey or treacle, and followed by some warm water.

The ear must be frequently cleansed by soap and water; and the diet consist of the simplest articles.—DEAFNESS may be occasioned by cold, or any thing which may prove injurious to the internal structure of the ear; as, deafening noises, fevers, rheumatism, cutaneous eruptions, exposure to cold, &c. The plan of treatment for deafness must greatly depend on its cause; it, therefore, requires the greatest attention to discover the real nature of the case. "If there be wax in the ear, (observes Mr. Abernethy,) an endeavour should be made to put in a little water with a camel's hair brush, in order to soften the wax; or, if possible, the water should be thrown down, with great force, by means of a brass syringe. This must be done repeatedly before the wax will be removed. I think diseases of the ear require a soothing plan of treatment; and I am, therefore, averse to any experimental or irritating measure. I believe deafness may often be relieved by improving the condition of the digestive organs. I generally recommend attention to diet and regimen, with five grains of blue pill, to be taken every other night, and a pint of compound decoction of sarsaparilla, in divided portions, in the course of the day." In order to defend the ear from the external air, a little piece of cotton should be worn in it. Should insects or foreign bodies be lodged in the ear, an instrument must be speedily employed for their removal; of course, for this purpose, an application should be made to an experienced surgeon.

DISEASES OF THE SKIN.

MR. ABERNETHY considers that "the great cause of all variations in the state of the skin is to be met with in the digestive organs." Costiveness; sudden

chill from drinking cold water, or eating cold vegetables; excess of diet; getting wet in the feet, will contribute to bring on an eruption on the skin.*

Treatment.—For the eruption, which is attended by small pimples, and a painful itching, the body should be kept cool, and the bowels kept free by the use of the following pill:—

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, half a drachm; calomel, twelve grains; oil of caraway, five drops; and a sufficient quantity of syrup to form the whole into a mass. Divide into fifteen pills, and take one or two at bed-time, according to the state of the bowels.

A mild diet, consisting principally of vegetables and ripe fruit, must form part of the treatment, and it will be necessary to use a tepid bath twice or thrice a week. Sea air and sea bathing are generally beneficial, so also is a decoction of sarsaparilla. When the skin is red, irritable, and covered with scabs, a discharge from the surface of the skin must be permitted, or else no cure can be effected; for this purpose, the sore should be cleansed by bread and water poultices, and anointed with hog's-lard and Goulard's extract. "To cleanse, to dry, to anoint, are three points to be attended to in these diseases;"† therefore, before the ointment be used, the surface must be well dried. Cleanliness must be strictly observed; the tepid bath occasionally used; and attention given to the state of the bowels.—The red gum and other eruptions on infants, are treated of in their proper places.

DROPSY.

THIS disease is a "præternatural accumulation of serous or watery fluid in the cellular membrane, beneath the skin,

* Mr. Abernethy says, "A person shall eat heartily of muscles, and, in ten minutes afterwards, the whole skin will be covered with a rash."

† Mr. Abernethy.

or in different cavities of the body.”* The remote or occasional causes of dropsy are numerous and various: hereditary or family predisposition; drinking cold liquids, when the body is in a heated state; acute diseases of various kinds, as fevers, dysentery, &c.; diseased bowels; jaundice; intermitting fevers; asthma; gout; great loss of blood, and other profuse evacuations; excessive use of strong liquors; habitual indigestion; scurvy; unkindly child-bearing; and exposure to a cold or moist atmosphere. It may also arise from long habits of debauchery, in which medicine is seldom successful.—This disease has received different technical appellations, according to the particular situation in which it is lodged. The chief varieties are:—1. Dropsy of the cellular membrane, appearing on the surface of the body, under the skin, called *Anasarca*.—2. Dropsy of the belly, called *Ascites*.—3. Dropsy of the chest, called *Hydrothorax*.—4. Dropsy of the head. —5. Dropsy of the scrotal bag, called *Hydrocele*. The disorder may have its seat in various parts, but it is of the same general nature wherever situate.

DROPSY OF THE CELLULAR MEMBRANE.—This form generally commences with a swelling of the feet and ankles towards the evening, which, for a time, disappears in the morning. The swelling is soft and inelastic, and, when pressed upon by the finger, retains the impression for some time after. The swelling, by degrees, ascends upwards, and occupies the trunk of the body; at length, the face and eyelids appear bloated; breathing becomes difficult; the urine is small in quantity, highly-coloured, and generally deposits a reddish sediment; costiveness; perspiration is obstructed; the countenance assumes a yellow tint; and there is considerable thirst, with a wasting of the whole body. To these succeed,—torpor and

heaviness, a low fever, and a cough. The water frequently oozes out through the pores of the skin; but if the fluid be too gross to escape by the pores, it raises the skin in small blisters.

Treatment.—The treatment of dropsy is as various as the causes inducing it; but the mode of operation can only be known by a previous inquiry into the nature of the disease. “Patients are daily precipitated to an untimely grave by the use of violent remedies for this disease.”* The exciting cause ought to be palliated or removed; an attempt should be made to unload the system of the weight which oppresses it, and to re-establish the frame in health and vigour; therefore, when the complaint arises from debauched habits, the cause must be avoided, and time allowed for the system to recover. At an early stage of the disorder, the following pill may be frequently administered:—

Take of calomel, twenty grains; James’s powder, twenty-five grains; resin of guaiacum, in powder, two scruples. Rub them well together in a mortar for ten minutes, and with a little conserve of hips, form them into a mass, and divide into twenty pills.

The following pill is esteemed as a powerful remedy for carrying off the collected water by stool:—

Take of extract of elaterium, seven grains; sulphate of potash, half a scruple; hard soap, half a drachm; powdered ginger, half a drachm:—mix the sulphate of potash and elaterium together, then add the ginger, and blend all together with the soap; moisten with water, make the whole into a mass, and divide it into twelve pills, and take one or two every hour, until the bowels be freely unloaded.

During the operation of these pills, the patient’s strength must be supported by strong beef-tea and bread, with a little wine. Cream of tartar is strongly recommended in dropsy, and may be given in doses of two or three drachms,

* Dr. Clutterbuck.

* Dr. Clutterbuck.

every hour, until it copiously operate. Mixed with a large quantity of water it quenches the thirst very pleasantly; therefore, the patient should be allowed to make this his common beverage. Dropsical subjects with a feeble or intermitting pulse, whose limbs and body are soft and yielding, the complexion pale, and the skin cold, will find the following worth a trial:—

Take of infusion of foxglove, four ounces; tincture of foxglove, half a drachm; acetate of potash, one drachm; liquid laudanum ten drops. Take a table-spoonful three times a day.

For the dropsy of young persons, who have a good measure of strength remaining, Dr. Buchan recommends a drachm of nitrate of potash to be taken every morning in a draught of ale. Scarifications with the lancet, have generally been resorted to in addition to the remedies prescribed; which may, in a few cases, have been attended with advantage. This treatment is considered by Dr. Clutterbuck to be dangerous, “on account of the risk of inflammation supervening. No permanent cure has been effected in this way; and I consider the practice (if not wholly unjustifiable) as having little to recommend it.” The debility of the system must be removed by selecting such food as is easiest of digestion. The powerful aromatic vegetables, viz. cresses, horseradish, garlic, onions, &c. may be indulged in; and the patient may use, for common drink, cream of tartar dissolved in a large quantity of water, table-beer, or weak cider. Exercise, and removal from a damp to a dry situation, or to a warm climate, are strongly recommended.

DROPSY OF THE BELLY.—In addition to the general causes before described, disease of the liver and local injury may be mentioned. This variety is attended with all the symptoms of the “cellular membrane,” and it frequently

comes on with loss of appetite, sluggishness, and oppression of the chest. Shortly after, the patient begins to swell, and in a little time, the swelling occupies the whole of the abdomen. It is sometimes difficult to distinguish this species of dropsy from pregnancy where the latter is wished to be concealed; and which can only be known by an inquiry into the state of the monthly discharge, an examination of the breasts, and of the swelling itself.

Treatment.—The treatment is nearly the same as in the preceding species; with the exception, that the fluid must be evacuated by strong purgatives, diuretics, emetics, &c. “The medicine which has proved to be the most beneficial in this species of dropsy, (remarks Sir A. Cooper,) is composed of one grain of calomel and three grains of squills, in a pill; or two grains of blue pill combined with three grains of squills. One of these to be administered every night, or every other night.”*

DROPSY OF THE CHEST.—The causes have been already noticed, but in this species they act more immediately on the chest. The complaint is attended with difficulty of breathing in lying down, or on exertion, and also an oppression at the chest. The sleep is disturbed by frightful dreams, and the patient starts from his bed with a dreadful sense of suffocation.

Treatment.—In this variety of the disease, blisters to the chest should be frequently applied, and if the chest be obviously enlarged, and the distress of the patient be very great, tapping may be necessary for immediate relief; the advantages, however, arising from this operation are not commensurate with

* “With respect to this variety, (says Dr. Armstrong,) my experience has confirmed me in the opinion of Dr. W. Hunter, ‘that those patients have the best chance of living the longest, for whom the least is done.’”

the risk of succeeding inflammation; consequently, it is but seldom employed. Two of the following pills may be taken every night, or twice a day :—

Take of compound squill pill, one drachm;
calomel, five grains:—mix well together,
and divide into twelve pills.

If there be much debility, the following draught may be taken three times a day :—

Take of myrrh, in powder, ten grains;
sweet spirit of nitre, one drachm; infusion of roses, fourteen drachms;
eryup of roses, one drachm:—mix.

DROPSY OF THE HEAD.—The usual cause of this species is either general or local debility. It is a chronic disease, and not uncommon in children; therefore, care must be taken that it be not mistaken for “water in the head.” The disease commences with a gradual enlargement of the head, attended with a slight fever, disordered bowels, and sometimes stupor.

Treatment.—Blistering the head and neck may be attended with advantage; but active medicines are extremely improper. The following pill may be given twice a day; it will operate mildly, though effectually:—

Take of calomel, twenty grains; emetic tartar, four grains; resin of guaiacum, in powder, two scruples. Rub them well together in a mortar for ten minutes, and with a little conserve of hips, make them into a mass, and divide into twenty pills.

The bowels may be regulated by an occasional aperient, and cold lotions must be applied to the head. The skin may be punctured, and the fluid drawn off slowly; but, even the mildest operation can scarcely be justified.*

DROPSY OF THE SCROTAL BAG.—This is a transparent, soft, pear-shaped, dropsical swelling of the scrotum, which

enlarges without pain; but as the treatment of this case must be left to the management of a skilful practitioner, it is useless to give advice on the subject.

Before we conclude this subject, we must recommend to the notice of the reader, the following kind advice recently given by the celebrated Dr. Armstrong to his pupils:—“When the distention becomes so great as evidently to impede the respiration, an operation is necessary, but not before; and whenever an operation is mentioned, it should be proposed with the greatest delicacy. The medical attendant should speak of it to the patient as a very trifling operation, merely as a puncture through the skin to let out the fluid, and thus to give instantaneous relief; but to the patient’s friends, the real nature of the case should be explained, since it is only a palliative in general, and since, in performing it, there is a possibility of an immediate hæmorrhage, and of an ultimate inflammation.”

DYSENTERY, OR FLUX.

AMONG the most common causes of this disease, are exposure to a cold and moist atmosphere, and suppressed perspiration. The disease prevails most in autumn, and in hot climates, and in marshy situations. At times, the fever is epidemic, and occasionally assumes an intermitting form.—The evacuations are frequent, but small in quantity; they are at the same time, slimy, and often frothy. When the inflammation is violent, the excrement is streaked with blood, or blood may be copiously discharged. Bile is seldom in the discharges, and the disorder is mostly attended with fever symptoms. It may terminate in two or three weeks, or be protracted to as many years.

Treatment.—In the simplest form of this disease there is an absolute necessity for the frequent use of mild purga-

* Dr. Armstrong.

gives; and the following draught will, in most cases, answer the end intended:—

Take of ipecacuanha, in powder, one grain;
Glauber's salt, half a drachm; spearmint
water, one ounce and a half. To be taken
three or four times in twenty-four
hours.

At first, if the inflammatory symptoms be present, blood-letting to a moderate extent is proper. The stomach should be cleared by a gentle emetic of ipecacuanha in the evening; which must be followed in the morning by a dose of castor oil, consisting of an ounce, and repeated every second or third day. As the object is to prevent accumulation in the bowels, from ten to fifteen grains of rhubarb may be given daily, and an emollient clyster injected twice a day; which injection may be formed by adding forty or sixty drops of laudanum to four ounces of warm, thin starch. When the disease is obstinate, the patient must be kept in bed for a few days, and his bowels fomented. If there be much soreness, a blister may be applied. The following pill must be taken night and morning, till the severity of the symptoms be overcome:—

Take of calomel, a grain; James's powder,
or antimonial powder, two grains; a
sufficient quantity of aromatic confection
to make the whole into a pill.

“The patient's strength should be supported by preparations of barley, rice, sago, arrow-root boiled in milk, nutritious broths, &c.”* It is of the greatest consequence that the patient be removed to a pure air and an elevated situation. “In all cases of dysentery, the strictest attention should be paid to diet; for if you were to allow a patient to cram himself with every thing he desires, he would be almost sure to die.”† As dysentery is generally considered infectious, every precaution ought to be taken to prevent the disease from spreading,

by the means of free ventilation and cleanliness, moving the patient's stools, sprinkling the chamber with warm vinegar, and often changing the body and bed linen.

EPILEPSY, OR FALLING SICKNESS.

This disease comes on suddenly, with a loss of sense and violent convulsive motions of the whole body. After the convulsions have subsided, the patient falls into a profound sleep.—Epilepsy is sometimes hereditary; but the most frequent causes are irritation in the stomach and intestines, sudden fright, excessive grief or evacuations, suppression of accustomed discharges, the action of mineral poisons, the abuse of ardent spirits or fermented liquors, violent passions or affections of the mind, excess of venery, intense study, tumours compressing the brain,* &c.—The epileptic fit is sometimes sudden; but is often preceded by pain in the head; some disturbance of the senses; drowsiness, dimness of sight, and noise in the ears; coldness of the extremities, which gradually creeps upwards, until it reach the head, when the patient is instantly deprived of his senses, and falls to the ground, with a violent scream. The returns of epilepsy are periodical, and the fit takes place more frequently during the night than in the day-time.

Treatment.—This disease arises from

* Dr. Graham remarks, that “on the dissection of those who have died epileptic, various diseased appearances have been observable, chiefly within the head, such as tumours, effusions, and marks of disorganization in some part of the brain;” whereas, Dr. Armstrong asserts, that in regard to diseased anatomy of epilepsy, it has been extremely unsatisfactory; the appearances being so different in different cases, that, with the exception of congestion or effusion, he has not been enabled to come to any satisfactory conclusion as to the cause from which epilepsy proceeds.

* Dr. Clutterbuck.

† Dr. Armstrong.

so many different causes, that patients should not be discouraged, if, after a trial of various medicines, they find no benefit; for those remedies which, generally speaking, we consider somewhat inferior in their powers, will occasionally surprise us by their admirable effect; and in so distressing and dangerous a complaint as the present, no possible means of cure should be left untried. That celebrated physician, Dr. Armstrong, observes, that "Epilepsy in children can generally be cured by a strict regulation of diet, mild purgatives, and suffering the pure air to be admitted to the patient; but epilepsy in adults is far more difficult to manage, though sometimes it admits of a cure,—more often only of a palliation. Whatever exhausts or excites the patient, does harm; therefore, copious evacuations and stimulants are alike to be avoided. That diet is best which supports the strength without disturbing the stomach. I have seen various medicines tried; but, upon the whole, none very beneficial, except the arsenical solution,* which, in some instances has arrested, and in others mitigated the disorder, where the diet has been rightly managed, and the mind kept tranquil: the tranquillity of the mind being an essential point towards ensuring success. I have seen several cases which occurred from hard drinking, and some from the indulgence of licentious passions, entirely removed by abstaining from the exciting cause." Dr. Cullen, the celebrated professor at Edinburgh, was very partial to the following; and Dr. Baat-tie says "it seldom fails to cure epilepsy, if the disease be primary, and the patient not exhausted:"—

* Arsenical solution is recommended by the most eminent practitioners of the present time; three or four drops may be taken, in any agreeable vehicle, twice a day. The quantity may be increased, if the case require it.

Take of ammoniate of copper, twenty grains; bread crumb and mucilage of gum arabic, a sufficient quantity to form it into a mass, and divide into forty pills. One to be taken three times a day, and gradually increased to three, thrice a day.

The oil of turpentine has been much used by physicians, and given in doses varying from two or three drachms to an ounce; but even this must not be used where the brain is affected. Dr. Frazer states that he has found misletoe given in doses from half a drachm to a drachm of the powder, or an ounce of the infusion, repeated twice a day. The tincture of *nux vomica* has found its advocate in a celebrated *German physician*;* he says he generally commences with sixteen drops, every three hours, increasing the quantity gradually to twenty-five drops. Bleeding, electricity and galvanism, have been strongly recommended by some writers; but many eminent practitioners condemn the practice. In debilitated habits, the cold bath is generally beneficial; and when the disease arises from excess of venery, the effusion of cold water on the head, and on the organs of generation, should not be neglected. Change of climate and mode of life are earnestly recommended to those who are anxious to return to a convalescent state. When the fit is present, the patient should be placed on a bed, his head somewhat raised, and all tight bandages removed; and the greatest care must be taken that his tongue does not get between his teeth. "When rational means fail, (observes Dr. Clutterbuck on this subject,) it is perfectly justifiable to make trial of any thing that may hold out even the slightest prospect of success."

FLOODING.

Of all the diseases which attend on

* Dr. Lobenstein Lobel.

pregnancy, none are accompanied with so much danger as floodings, more particularly at an advanced stage; but as some women menstruate during the first months of pregnancy, it will be necessary to distinguish between an approaching miscarriage and a visitation of the menses. The causes that give rise to flooding during pregnancy are violent exertions of strength, severe exercise, sudden surprise, violent fits of passion, uneasiness of mind, over-fullness of blood, profuse evacuations, general weakness of the system, external injuries, and the death of the child. Floodings are more or less dangerous according to the state of pregnancy in which they happen. On the first appearance of a flooding, the woman should be confined to her bed, and be placed with her hips somewhat more elevated than her head, keeping her perfectly cool, and on a light nutritious diet.*—It should be understood that, for a small discharge of blood to continue for some time after child-birth, is a circumstance neither uncommon or alarming. If, however, the discharge be profuse, it is called "a flooding," and requires a prompt treatment for its suppression; but, as the treatment is usually left to the attendant on the patient, it is unnecessary for us to enter largely upon the subject. When the rush of blood is prodigious, and the immediate extinction of life is threatened, it is necessary to give warm and active cordials. Madeira wine, or brandy, in an undiluted state, should be administered; and if the patient can be aroused, these stimulants must be dropped by degrees, or exchanged for food of a nutritive description. Some practitioners recommend the use of opium,

especially in irritable constitutions, after the rate of one or two tea-spoonfuls for a dose; but Dr. Clutterbuck entirely disagrees with its use.

GOUT.

THE exciting causes of gout are often imperceptible, the inflammation appearing to arise spontaneously. Sometimes, the paroxysm can be traced to a particular source: as, for instance, any general derangement of the system, the taking cold, a debauch, or the use of tart wines, especially claret. Mechanical violence, also: as sprains and other injuries, and violent exercise. The disease may be hereditary, and it may be acquired by excessive eating and drinking, mental exertion, accompanied by anxiety. "In short, excess and indulgence of all kinds, (says Dr. Clutterbuck,) tend to form the predisposition to gout, and upon which, the disease apparently depends more than upon the exciting causes; for these, as far as I can judge, never act without predisposition; while, where this is strong, the disease seems to arise spontaneously, or without any obvious exciting cause." The predisposition appears to be very long in being formed, sometimes a generation or two; and it is equally slow in being removed. The disease rarely appears before puberty,* except where it is hereditary; and seldom occurs in females, unless in masculine habits.† In contradiction to all that has been stated, the gout occasionally appears in weak and delicate subjects, and in persons not at all addicted to excess of any kind.—Dr. Clutterbuck

* The treatment for "Flooding," when not of an obstinate nature, is nearly similar to that prescribed for "Immoderate Flow of the Menses." Should, however, the flooding not readily yield to the mild means alluded to, application ought then to be made to a skillful practitioner.

* Dr. Heberden has remarked, that he never met with a case in which it occurred before the age of puberty; but Dr. Armstrong has recently mentioned two cases that have occurred before that period.

† Sydenham and Heberden both affirm that those females who are intemperate, are liable to the gout.

states, "all that we really know of this disease, lies within a very small compass, and is far from being satisfactory."* It is liable to shift its seat, and that very suddenly, from one part to another. The disease is distinguished from rheumatism by its confining its attacks to the smaller joints; and when the skin is affected, it presents a peculiar glossy appearance, with a degree of tenderness to the touch, far exceeding what is observed in any other inflammation.—The gout is generally divided into three varieties: *viz.* acute, chronic, and retrocedent, "as if there were as many species of the disease, (continues Dr. C.) but such distinctions may be safely disregarded, as too minute and trifling." The inflammation usually commences in the smaller joints, and most commonly in the ball of the great toe. In many instances, it proceeds no further, and goes off in a day or two. When the inflammation is a little more violent, the integuments covering the part, participate in the disease; the skin becomes intensely red, shining, and exquisitely tender to the touch. The attack mostly takes place in the night, after sleep, and towards morning sweating ensues, with an abatement of pain, which returns again the following night. In this way, the disease continues for several days, and then gradually goes off; the part itches, and the cuticle scales off, leaving the patient well, and often in better health than before the attack. When the inflammation is of this active kind, it is generally attended with a considerable degree of fever. For some days or weeks before the inflammation appears in the foot, the patient is languid and troubled with head-ach, loss of appetite

* Dr. Armstrong contends, that "Gout is nothing more than an inflammatory affection, which is seated in the structures adjacent to joints; and which is always preceded, or attended by, some disorder of the stomach, liver, or bowels."

and indigestion; but these symptoms are not invariably present in cases of gout, and consequently, cannot be essential to it. This constitutes what is termed a paroxysm or fit of the gout; but, sooner or later, the disease, in almost all cases, recurs again. At first, the intervals are usually long, as perhaps three or four years; afterwards, they become shorter, so that the attack takes place annually, or even twice a year: as the patient advances in life, the attack becomes more frequent. At first, only one joint is affected; but, as it becomes more frequent and severe, it either attacks other joints in succession, or at once, like rheumatism. After the first attack, the joints recover their former suppleness; but, by a repetition of the disease, they become stiff and rigid, and in some places, depositions take place under the skin, called chalk-stones, but which consist of uric acid and soda; these are frequently discharged by suppuration. Occasionally, the gouty action suddenly disappears from the joint, and is transferred to the stomach, lungs, heart, or brain, so as sometimes to end fatally, and that very quickly: this is what is termed retrocedent gout. This has often been the consequence of the sudden application of cold as a remedy, a practice which some have been bold enough to advocate. Other causes will occasion the shifting of the disease: such as terror, mental emotion, and all great and sudden disturbance taking place in the system. When the gout arises in old and debilitated subjects, the local inflammation is of a very inactive kind, and continues a long while without shewing the same disposition to terminate, as it usually does in strong persons in the prime of life: this is called chronic gout.

Treatment.—In many cases, though not in all, previously to an attack, the general health has been observed to be

more or less impaired, and upon the occurrence of the gout, such disorder has disappeared; it is commonly observed also, that in mild cases, after an attack, the patient enjoys a long interval of perfect health. The most cautious practitioners, in all ages, have expressed, in the strongest terms, their conviction, that the paroxysm of gout cannot be hastily removed without danger to the patient.* The inflammatory action may be removed for a time, but the disposition is left behind; the disease recurs again, and usually in an irregular way, so as to continue longer than before, or than it would have done, if left to itself. Where the patient is in the prime of life, and vigorous, and where the local inflammation is considerable, ten or twelve ounces of blood may be drawn with perfect safety. The following pill must be taken every night, or every other night, as long as the stools are particularly offensive:—

Take of calomel, a grain; James's powder, a grain; compound extract of colocyinth, three grains; and a sufficient quantity of simple syrup, to form the whole into a pill.

The following draught should be taken every four or six hours, according to the urgency of the symptoms, and the extent of operation on the bowels:—

Take of calcined magnesia, fifteen grains; Epsom salt, a drachm and a half; vinegar of meadow saffron, a drachm; spearmint water, an ounce and a half; syrup of orange-peel, a drachm:—mix.

Sir Astley Cooper, recommends the use of a warm evaporating lotion, con-

sisting of two ounces of spirit of wine, mixed with eight ounces of water. After making this lotion agreeably warm, by immersing the vessel in which it is contained into a basin of very hot water, it is to be applied to the affected part by means of fine linen rags, which are to be renewed as often as they become dry: the part should be kept cool, without inducing a feeling of chilliness. The practice of employing leeches is equivocal; and although blisters may relieve the pain, the disease will be thereby lengthened. The best food in this stage is bread and milk, light bread puddings, mutton broth, gruel, barley-water, and rennet-whey. Roasted apples, ripe oranges, and grapes, are admissible. When the disease occurs in persons advanced in life, and whose constitutions are much broken, active remedies are not required; a generous diet, with a glass or two of wine, may be employed; and there is probably no better guide than the appetite and feelings of the patient. In a severe fit, the patient is obliged to confine himself to his bed, and then the affected limb must be carefully placed on pillows, in the most easy position; but he must not indulge in bed more than is necessary: when able to leave his bed, he should have his legs raised and supported. In the intervals, the diet should be mild, and rather small in quantity, if the patient be of full habit of body; but should he have been harassed by the disease, his diet must be nourishing, and he may be indulged with a little home-brewed malt liquor. Ardent spirits are inadmissible in any case, and the strong and plethoric should avoid wine. Daily exercise must be used; if possible, the patient should have a change of air, and rising early is indispensable. The bowels must be kept free from any irregularity. When the gout suddenly quits the limbs, and fixes on an internal organ, it is called ret-

* The great Harvey, (the discoverer of the circulation of the blood,) who was subject to the gout, used to plunge his foot into a pail of cold water, when he felt the fit coming on, and he always put a stop to it by this means; yet he lived to more than eighty years of age. "This, however, (says Dr. Armstrong,) ought to be looked upon as an exception to the general rule, and by no means fit to be followed as an example."

rocedent gout; the treatment, therefore, differs according to the part affected. If it be spasmodic, from five to ten grains of calomel should be given immediately, which may be followed by an injection, *viz.*

Dissolve an ounce of Epsom salt in a pint of barley-water, or thin gruel, and then add two ounces of olive-oil.

As soon as the stomach will retain a purgative, the following draught may be administered:—

Take of compound infusion of senna, an ounce and a half; cinnamon-water, two drachms; manna, a drachm; Epsom salt, one drachm.

Fomentations should be actively employed; and if the attack have been caused by excess in diet, and sickness be frequent, vomiting must first be promoted by warm drinks and twelve grains of ipecacuanha powder in water. If the patient be of a full habit, and inflammation be present, sixteen or twenty ounces of blood must be taken, and the operation repeated, if the pain continue. After bleeding, a blister may be applied to the part affected, and mustard poultices to the feet. When the pulse is feeble, or the extremities cold, it is necessary to give wine, or any other general stimulant, in order to excite and equalize the circulation. When the gout attacks the head, the affection would probably be of an inflammatory nature; therefore, in extreme cases, cupping, blisters, and mustard poultices to the feet, will be highly necessary. In simple head-ach, bleeding may be dispensed with.—The patient must not place too great a reliance upon medical treatment; for, it has been truly remarked by Dr. Clutterbuck, that “the gout has been often permanently removed by regimen, but very rarely by the use of medicine of any kind. Instances abound where, by a chiefly vegetable diet, and a total abstinence from vinous liquors, the gout has ceased to

recur, and been effectually eradicated, without injury to the general health; but, such a change in the usual mode of living is not proper, nor perhaps safe, in all circumstances. If this treatment were entered upon before an advanced period of life, and while the vigour of the system is unimpaired, I believe the practice to be safe and effectual; but it requires more firmness of purpose than is ordinarily found, and a greater sacrifice of present feeling than most men are capable of. From the adoption of a middle course, much advantage may be derived: by continued temperance in living, the fits become gradually milder and less frequent; and although the disease may not be entirely destroyed, it will be considerably mitigated.”

GRAVEL AND STONE.

A want of constitutional vigor (particularly in the digestive organs) appears to be the principal cause of gravel. Sometimes, there is an hereditary tendency; but, in many cases, indolence, or excessive indulgence in fermented liquors or luxuries, will give rise to this complaint. It seldom occurs in the prime of life, generally from infancy to the age of puberty, as also in old age. The drinking of hard water frequently influences the disease. The gravel is of two kinds, red* and white; and it is highly necessary that attention should be paid to the distinction, as they proceed from different causes, and require a different treatment.—In the red gravel, the urine is small in quantity, and greatly coloured, and the disease is attended by inflammation. The symptoms of white gravel consist in a general derangement of the digestive organs. The urine is invariably pale, and voided more copiously

* “The red gravel (observes Mr. Abernethy) is never found but in those who are enormous eaters of animal food.”

than usual, is prone to decomposition, and emits a very disgusting smell.—When a stone enters the bladder, there is a pain along the urethra; the patient walks with difficulty, and has a slight pain at the end of the urinary organ. Very little urine can be kept in the bladder; and, if the irritation be great, bloody urine will be voided. “I do not think (says Sir A. Cooper) that the patient is in greater danger in an operation from a larger number of stones being in the bladder, or even so much as when there is only one large or moderate-sized stone. The largest number that I ever took from one person is one hundred and forty-two, and he survived the operation. The usual weight of calculi formed in the bladder is from half an ounce to two ounces; but the largest I ever extracted weighed sixteen ounces. The pain which a patient experiences from stone in the bladder is by no means in proportion to its bulk; and when the stone becomes excessively large, the patient generally loses the power of retaining his urine.”

Treatment.—For the red gravel, Sir E. Home and Mr. Brande have recommended the use of ten grains of magnesia twice or thrice a day, or six grains of carbonate of soda may be combined with the magnesia. The bowels should be kept gently laxative; and the diet be moderate in quantity, and of a nutritious and wholesome quality. All acids, and every thing of a luxurious tendency must be avoided. In the case of white gravel, the diet should be easy of digestion; as by a strict attention to diet, this species of gravel is frequently removed. Malt liquor and wine should not be taken; but oranges and lemons may be used with considerable advantage.—“There is no operation (continues that distinguished surgeon, Sir A. Cooper) in which an attention to the constitution is more necessary before it is performed, than that for the stone. The person

should be in good general health at the time; for unless he be so, there will be little chance of success. If he have the slightest affection of the chest, the least difficulty of breathing, any sign of asthma, or any irregularity of circulation, he should never be submitted to the operation for stone. Those who have been exposed to poverty, or have been obliged to labour for their bread, bear the operation well, and in those persons the chance of success is considerably greater than in the higher ranks of society, for they have mostly lived well, and drank freely, and when submitted to the operation, they frequently die under it. Great advantage will be derived from putting a patient, who is to be operated on for stone, on vegetable diet for a short time; for it is not right that he should be on full or animal diet. The time of life which is best fitted for this operation, is about sixty-one or sixty-two; and at this period, a great number of cases occur. From the age of twenty, until the above periods, the danger of the operation increases; and in children before they are four years old, the operation is also attended with danger. Calculi form as readily in the female as in the male; but the female is much less frequently the subject of the operation, in consequence of the ease with which stones pass away. I think, however, that the symptoms in the female are more urgent than in the male. She has a frequent disposition to evacuate her water, and has generally a discharge of coloured urine. From these causes, the constant excoriation of the parts keeps the patient in a very uncomfortable state; and a woman who undergoes the operation for stone, generally loses, for ever after, the power of retaining her urine.”

As the treatment for gravel and stone depends entirely upon a just knowledge of the symptoms of the disease, and also on the general health of the patient,—on the first indication of an urinary stop-

page, immediate application should be made to a skilful practitioner.

HEMORRHOIDS, OR PILES.

THE piles consist of small tumours, situate on the verge of the anus. Sometimes, blood discharges from these tumours; the disease is then distinguished by the term “bleeding piles;” and where there is no discharge, it is called “blind piles.” Impeded circulation is the immediate cause of this disease, which is brought about in different ways: *viz.* habitual costiveness, hard riding, suppression of customary discharges, full habit of body, excesses of various kinds, the use of strong purges of aloes, &c. and the pressure of the pregnant womb. Persons of a robust constitution, and those who lead a sedentary life, are most liable to the affection.—The tumours are frequently attended with considerable inflammation, with pain and weight in the head, and pain in the loins; in which case, great attention is required: but if the piles bleed but little, they require but little attention.

Treatment.—In the treatment of this disease, it must be considered how far it may have become habitual, and therefore necessary to the general health. If the discharge be necessary, it must not be hastily suppressed; while, in endeavouring to relieve the complaint, attention should be paid to the mode of living, for the purpose, chiefly, of inculcating temperance, where a want of this is observed. As costiveness is one of the most frequent causes, the bowels should be kept free by taking a tea-spoonful of the following, two or three times a day:—

Take of flour of brimstone, two drachms; lenitive electuary, an ounce; nitre, in powder, one drachm; and a sufficient quantity of syrup to make the whole into an electuary.

The following ointment has been recommended by Sir Henry Hallford, to be

applied to the part affected as often as occasion may require:—

Take one ounce of the ointment of nitrate of mercury, and the same quantity of almond oil:—mix well in a mortar.

Where there is much inflammation of the tumours, the application of leeches will prove serviceable; and the tumours may also be scarified with the lancet. In some cases, the pain and irritation are greatly relieved by frequently washing the affection with cold water; but, in others, warm fomentations are more successful. Rest in the horizontal position, must be observed, together with a mild vegetable diet, until the inflammation subside. If the piles protrude every time on going to stool, they must be returned by means of gradual pressure upon them with the fingers. If the general health should appear to have suffered, or is in danger of doing so, by the ceasing of the accustomed discharge, endeavours should be made to reproduce it, by the patient sitting over the steam of warm water, the application of leeches, and the frequent use of the purge already prescribed, or even small doses of aloes. In order to prevent a relapse, the bowels should be kept free, the parts frequently washed with cold water, attention paid to diet and exercise, and forty or fifty drops of balsam of copavia occasionally taken. It must be remembered, that in robust patients, the bleeding piles are frequently useful; and particularly so, when any complaint to which a person may have been previously subject, is either removed, or considerably lessened in severity.

HEAD-ACH.

PAIN in the head may arise from very different causes, and is variously seated. It is considered by some practitioners to be a symptom of other diseases of parts remotely situate, especially of the stomach, whence the term “sick head-

ach;" "I am confident, however, (says Dr. Clutterbuck,) that the affection of the head is the cause of the disorder of the stomach."—The following are the occasional or exciting causes of the head-ach: *viz.* emotions of the mind, "yet these will sometimes take off head-ach when present at the time;"* whatever increases or disorders the general circulation, as violent exercise, and external heat applied generally to the surface; falls or blows, stooping, intense thinking, intoxicating drinks, and other narcotic substances; or a disordered state of the stomach. The predisposition to this disease is often hereditary, or it may be acquired by protracted study, or habits of intoxication. Head-ach often continues to recur from time to time, and with more or less severity, for a number of years, and even for the whole of life. Sometimes it terminates in apoplexy or palsy, of which disease it appears to lay the foundation. When the pain appears to be seated in the head, the part is tender to the touch, and the patient cannot lie upon it without increase of pain: this is commonly called "rheumatism of the head." "In many head-achs, (observes Dr. C.) there is no throbbing, and in such case, it is difficult to say what is the precise condition of the part affected. The term 'spasm' is often applied to such cases, but without reason; and the term 'bilious' is frequently used on such occasions, the notion being that bile is the cause of head-ach.

Treatment.—The treatment of head-ach, considered as a primary affection, will be governed by the particular nature of the case, the cause inducing it, and the habit of the patient. "Whether head-ach be ever, properly speaking, of the nature of rheumatism, (continues Dr. C.) I shall not pretend to determine. I should not consider it as such, unless it were accompanied with other unequivocal signs of rheumatism;

and even then, I am disposed to question whether the treatment of it would differ materially from that of the ordinary head-ach. When the affection is regularly intermittent, it generally yields readily to the remedies proper for intermittent fevers. Even where the pain is of a throbbing kind, with suffusion of the eyes, you are not immediately to resort to blood-letting as the general remedy; but, previously, to inquire into the habit of the patient, and the other circumstances of the case. In strong subjects, and where the disease is recent, blood-letting is no doubt, in general, proper; but not so where the patient is weak, and the disease of long-standing, and of frequent recurrence. It is not merely the relief from present pain that is to be sought; it is of greater importance to prevent the recurrence, which can only be done by lessening the predisposition; but weakening the patient by bleeding, is not likely to have this effect, but rather the contrary." Two table-spoonfuls of the following should be taken two or three times a day for several weeks:—

Compound infusion of gentian, five ounces; alkaline solution, half an ounce; tincture of sarsaparilla, half an ounce:—mix.

The bowels must be regulated with some mild purgative, and strict attention paid to diet. Air and exercise are indispensable. Bathing the temples with Eau de Cologne will frequently allay the throbbing pain. "Nervous head-ach used formerly to be a prevailing disease among a certain class of patients; but this has for some years past given place to bilious head-achs. How long these will continue to be epidemic, is uncertain. I imagine they will not survive the present generation; and both calomel and the blue pill will probably be buried in the same grave; at least as remedies for the bile."*

* Dr. Clutterbuck.

* Dr. Clutterbuck "On Diseases of the Nervous System."

HEARTBURN, OR CARDIALGIA.

HEARTBURN is a burning or gnawing uneasiness at the pit of the stomach, mostly attended with offensive eructations and other symptoms of acidity. Vomiting occasionally occurs, with a tendency to faint. The complaint originates from an inactivity of the stomach, whence the aliment, instead of being concocted by digestion, and converted into chyle, runs into fermentation, and produces acidity. Indeed, whatever debilitates the digestive organs, may be considered as a cause; consequently, overloading the stomach, indulgence in the use of fermented or spirituous liquors, obstructed perspiration, or violent purges, may be considered as giving rise to heartburn.

Treatment.—As this complaint can mostly be traced to some defect in the digestive process, we beg to refer the reader to the article “Indigestion.” We will, however, offer one or two medical remedies, which have been very serviceable in rather obstinate cases:—

Take of Castile soap, two drachms; ipecacuanha, in powder, twenty grains; extract of chamomile, one drachm:—mix, and divide into twenty pills. Two to be taken three times a day.

Ten grains of magnesia may be taken in a glass of soda-water, twice a day; or, six or seven drops of pure nitric or sulphuric acid in a large glass of water. But medicine will avail nothing, unless the most strict attention be paid to diet and regimen. Friction over the region of the stomach is generally advisable; and the bowels must be kept perfectly free.

HICCUPS.

THIS spasmodic affection proceeds from various causes: such as excess of food, worms, pressure on the stomach, and eating too fast. Debility is the ordinary predisposing cause.

Treatment.—As acidity in the stomach is mostly the cause of this complaint in infants, a little magnesia may be given in mint-water, once a day, for a week or two; or the magnesia may be combined with a small proportion of rhubarb. The pit of the stomach may be frequently rubbed with a little soap liniment.—A common hiccup may frequently be removed by holding the breath; or, if this should not succeed, a draught of cold water may be tried, or thirty drops of hartshorn in a little water. Should these fail, fifteen or twenty drops of laudanum may be taken in a little mint-water. Pure air, exercise, and cold bathing, are essentially necessary; the bowels being regulated by the occasional use of mild purgatives. A little vinegar is sometimes an effectual remedy for asthmatic hiccup. It is necessary that attention be paid to diet and regimen, as laid down under the article “Indigestion.”*

HYPOCHONDRIASIS, OR LOWNESS OF SPIRITS.

“THIS affection, mentally considered, is to be distinguished by an exclusive and selfish attention to the personal feelings, so earnest and undivided, as to be very apparent on the first interview with the patient. To this state of the feelings, some persons are strongly disposed by original structure, but it is most frequently acquired. Sometimes it is associated with that general disturbance of the nervous system, which is so apt to be induced, in sensitive frames, by the worry of the world; sometimes it is connected with local irritation, especially of the mucus membrane of the stomach, accompanied by costiveness; and sometimes it is produced by men taking an erroneous view of their own case, supposing it to be really serious,—a circumstance very common

* See the article “Indigestion.” p. 90.

among medical men, when their strength happens to be broken up, and when, at the same time, occasions arise to make the mind anxious. In some instances, this affection is connected with organic affections, but this mostly happens in old persons, and seldom occurs at an early age; the looks of the hypochondriac often belying the woful tale which he so repeatedly relates."* Among the many causes ascribed to this malady, the following may be added: excess in eating and drinking, a debauched and dissolute habit, violent purgatives, the suppression of some habitual discharge or long-continued eruption, a sedentary life, and great study protracted to a late hour in the night.—The common bodily symptoms are,—a troublesome flatulency in the stomach or bowels, costiveness, a copious discharge of pale urine, spasmodic pains in the head and other parts of the body, giddiness, dimness of sight, general sleeplessness, and often an utter inability of fixing the attention to any thing that demands vigour or courage. The mental feelings exhibit an infinite diversity; sometimes the patient is troubled with a visionary or exaggerated sense of pains or concealed disease; and the greatest evils are apprehended on the slightest grounds, and the worst consequences imagined from the most trifling feeling. "In short, (says a contemporary,) he will not live,—he will not die; he complains, weeps, laments, and thinks he leads a most miserable life; never was any one so bad." The wisest and brightest of mankind are by no means exempt from this malady.

Treatment.—Among the numerous remedies laid down for this affection, the following must not be neglected: to divert the patient from his own feelings by a constant change of scene, daily exercise, either in an open carriage or on horseback, convivial society,

various amusements and rural sports, warm bathing,* early hours, regular meals, and a careful attention to the state of the bowels. As the bowels are always in a torpid state, one or two of the following pills may be taken three times a week:—

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, a scruple; Castile soap, ten grains; oil of juniper, five drops. Beat into a mass, and divide into twelve pills.

Regular daily friction with the flesh-brush over the whole body, is strongly recommended; and the use of the waters of Tunbridge and Harrowgate have been of considerable service. The sulphate of quinine, in doses of a grain or two, two or three times a day, may be tried; it has been successful in many cases. The treatment recommended for indigestion, may be applied in this affection; but spirituous or fermented liquors should be studiously avoided. "The cure of hypochondriasis is to be accomplished by rightly managing the mind of the patient, and by removing, by mild means, any bodily irritation which may exist. The patient should not be indulged in his wish to take a great quantity of medicine; but an appeal made to his common sense, so that his mind may be withdrawn from the contemplation of himself, and led to fix it upon some external object with interest sufficiently intense, as a diversion from the disorder. Few persons become decided subjects of this affection, who take regular exercise in the open air, who moderate their wishes, and who endeavour to live for others rather than for themselves. When illusions occur in this disease, I think it no longer deserves the name of hypochondriasis, it being then a modification of mania."†

* "Cold bathing sometimes agrees better with the patient."—Dr. Armstrong.

† Dr. Armstrong.

* Dr. Armstrong "On Hypochondriasis."

HYSTERIC.

THE foundation of this disease is laid in an excess of sensibility, sometimes associated with local irritation. The most common exciting causes arise from mental emotion, a sedentary life, late hours, dissipation, suppression or obstruction of accustomed discharges, excessive evacuations, poor diet, and sometimes confined or disordered bowels will give rise to very painful fits. The affection more frequently occurs in the unmarried than in the married, and makes its attack most frequently about the period of menstruation. Women of delicate habit, and whose nervous system is extremely sensible, are the most frequent subjects of this affection.* The hysterical fit is seldom attended with danger, and never terminates fatally, unless it change to epilepsy or mania, or the patient be very weak and much reduced.—The disorder is generally preceded in its attacks by dejection of spirits, sudden bursts of tears, anxiety of mind, sickness at the stomach, palpitation of the heart, difficulty of breathing, &c. Sometimes there is a shivering over the whole body; a pain is felt on the left side, with a distension advancing upwards, till it gets to the stomach, and removing thence into the throat, it causes a sensation as if a ball were lodged there. The disease having now arrived at its height, the patient appears threatened with suffocation, becomes faint, and is affected with stupor and insensibility. The body is now turned backwards and forwards, the limbs are agitated, and the hands are so firmly closed, that it is with difficulty they are opened. Wild and irregular actions take place in the alternate fits of laughter, crying, and screaming; incoherent expressions are uttered, and occasionally,

* “The affection (says Dr. Armstrong) is often protracted day after day, week after week, by the sympathy of attendant friends, which is the very food of the disorder.”

a frothy discharge of saliva issues from the mouth. At length the fit abates, and a quantity of wind is expelled upwards, with frequent sighing and sobbing. After the patient appears for some time quite spent, she recovers the exercise of sense and motion; but she usually feels a soreness all over the body, together with a severe pain in the head.

Treatment.—During the fit, the patient should be roused by applying burnt feathers or rags, hartshorn or ammonia, to the nose; by rubbing the temples with ether, and by putting the feet in warm water.* Bleeding, in this affection, should be used with great caution; for in weak and delicate constitutions, or where the disease has been of long-standing, the abstraction of blood would be highly improper.—“With respect to medical treatment, (observes Dr. Armstrong,) I think it should consist entirely in the removal of the local irritation, which, however, should be done by the mildest measures, as hysterical women seldom bear copious evacuations without an increase of that sensibility upon which the affection mainly depends. Exercise in the open air, a simple diet, early hours as to sleep, a due attention to the bowels, and a right regulation of the mind, I consider as among the best means of preventing a return of the affection, together with an avoidance of that open and declared sympathy on the part of friends, by which it is so frequently supported.” The occasional use of the following pill will generally be serviceable:—

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, a scruple; Castile soap, ten grains; oil of juniper, five drops. Beat them into a mass, and divide into twelve pills one of which is to be taken at bedtime.

* Tepid bathing is generally serviceable in this affection; though it is necessary to remark, that cold bathing agrees best with some Persons. Mineral waters, in some cases, have been eminently useful.

Dr. Paris recommends two table-spoonfuls of the following to be taken three times a day :—

Take of sulphate of zinc, two or three grains ; infusion of quassia, four ounces ; tincture of columba, half an ounce.

When this disease arises from a suppression or obstruction of accustomed discharges, the evacuation must be restored by the means recommended under those particular heads. Where the affection occurs in the bloom of life, and there is reason to apprehend the sudden vehemence of this age to be in excess, the surer remedy is a happy marriage.

INDIGESTION, OR DYSPEPSIA.*

THE functions of the stomach are frequently disordered, or imperfectly performed, independently of inflammation ; and to such states, the term *dyspepsia* or *indigestion* is applied. The digestive function is, in many persons, at all times, ill or imperfectly performed ; the defect, in such cases, is said to be constitutional, and can scarcely be remedied by art. It is impaired, likewise, or even altogether suspended, during the course of a great number of diseases, as if the body did not require to be nourished under such circumstances. Over-excitement of the stomach by food or drink of too stimulant a quality, or excess in point of quantity, is another, and probably the most frequent cause of dyspepsia ; the first effect of such excess generally is, to increase both the appetite and the power of digestion ; so that,

* Dr. Armstrong observes, that “ the speculative doctrine, or rather absurdity of the digestive organs is carried so far in the metropolis, that if a patient's tongue be furred, that is deemed quite sufficient ; all farther inquiry being so unnecessary, that the patient's mouth is closed if he attempt to enter into the slightest history of his case ; and forthwith, the blue pill and a flesh diet are prescribed, while the sufferer is to be deprived of every thing like liquid, whatever may have been his previous habits.”

in fact, the body is for a time better nourished, and even appears to acquire additional strength in consequence, and likewise a greater freedom from the disease. These advantages, however, (if they be such,) are but temporary ; because “ over-excitement of all kinds, leads to exhaustion of real power.” The digestive function is, at length, imperfectly performed, and the body suffers in consequence ; in addition to which, disease of some kind (mostly inflammation) is frequently the result ; either in the stomach itself, or in the liver, the brain, &c. according to the disposition to disease in particular organs. Indigestion may be owing to the improper nature of the substances taken as food ;* therefore, all the causes that tend to impair the appetite for food, are capable, more or less, of disturbing the digestive power of the stomach. The symptoms that present themselves in this case are various, and have been designated by a great variety of terms : viz. a disagreeable taste in the mouth in the morning, costiveness and uneasiness of the bowels, impaired appetite and strength, palpitation of the heart, depression of the spirits, flatulency, shortness of breath, nausea, head-ach, pain in the pit of the stomach and towards the right side, sallowness of complexion, &c. These symptoms, however, are not always present ; but under whatever form, and from whatever cause the disease occurs, there is a considerable degree of languor and debility, the mind is frequently excessively irritable and depressed, and great anxiety is observable in the countenance. The slightest exercise is productive of considerable fatigue and perspiration ; the sleep is

* “ A person who has not strong powers of digestion is frequently distressed by the usual association of tea with bread and butter ; or, what is more injurious, with hot buttered toast or muffin. In such cases, I always recommend dry toast, without any addition.”—Dr. Paris.

unrefreshing, and disturbed with frightful dreams and startings; the limbs are cold, or rendered so on slight occasions. Frequently, there is a great deal of feverish heat, flushing of the face, dryness in the mouth, and weakness in the knees; but the symptoms are so numerous, and as they are not always present, it would be tedious as well as unnecessary to enumerate them. In health, appetite and digestion are generally proportioned to each other; but it is not always so in disease. The appetite is sometimes greater than the power of digestion; as, in other cases, the power of digestion remains to a certain extent, where the appetite is wholly or nearly lost. In general, the appetite, (if not manifestly depraved,) may be taken as an indication of the digestive power; "so that where food of a natural and simple kind is eagerly desired, (either in health or disease,) it will seldom, I believe, be found injurious."* It is worth observing, that, on some occasions, the taking of food restores the appetite, which before was entirely wanting: this is frequently seen at the close of acute diseases, where, from long and rigid abstinence, the appetite wholly ceases, but is renewed as soon as food begins to be again taken; therefore, we ought not always to wait for the return of appetite, but should try whether the disposition to take food may not be lost merely from disuse. When food is taken where the stomach is not in a condition to digest it, a variety of morbid changes take place. Nausea is a symptom of dyspepsia, which may be followed by actual vomiting; a desirable occurrence, as, by removing the cause, it tends to prevent other more distressing symptoms. If the food be of an animal nature, instead of undergoing the natural changes, it will go into putrescency; if vegetable, fermenta-

tion will take place, and acidity will be subsequently produced.

Treatment.—"In the management of indigestion, (observes Dr. Clutterbuck,) it is of far greater consequence to advert to the cause, and to remove it, than to endeavour to relieve the symptoms by drugs of any kind. In the greater number of instances, this disease is a secondary affection, and then it requires but little medical assistance.* An attempt to restore appetite and digestion, when suspended by other diseases, would, in general, be injurious. Where the power of digestion is weak, care must be taken to adapt the food to the existing powers of the stomach, so as not to give the organ more to perform than it is capable of. When over-excitement and excess have been the remote cause of dyspepsia, the treatment consists in the resort to a simple and abstemious mode of living: the doing this, for a time, is attended with no small feeling of distress to the patient, arising from the deprivation of an accustomed stimulus; the sacrifice, however, must be made, or the case abandoned, as medicines of any kind afford a very insufficient substitute, though they may relieve the symptoms to a certain degree. If the disease be owing to the use of unwholesome or improper food, the remedy is obvious."—On this subject, Dr. Armstrong remarks, that "the local excitement is generally best removed (provided the mind be kept tranquil) by three simple and very moderate meals in the day, the mastication being slow, with rest immediately after each meal, and a sufficient interval between each, that one may be digested before the other is taken. In such cases, one meal of animal food may be allowed; new bread should be prohibited, and

* Dr. Clutterbuck "On Diseases of the Stomach."

* Dr. Philip observes, "we shall find similar trains of symptoms, at different periods, require different and sometimes even opposite remedies."

the stomach ought not to be distended by too much liquid. Much benefit often results from keeping some aromatic, such as a clove, in the mouth, after each meal, as it produces a 'copious flow of saliva, which greatly assists the digestion. In addition to a regulated diet, the warm bath (at the temperature of about 95 degrees) is often useful, with regular exercise in the open air, early hours as to sleep, and, if possible, a cheerful tone of mind, 'which (as Lord Bacon observes) helps digestion more than is imagined.' With regard to medicine, if the bowels be confined, they should be relieved by a mild purgative pill occasionally; and when any acidity exists, a few grains of the carbonate of potash or soda may be taken two or three times a day. But this complaint is best removed by a suitable diet, the rule of which can be easily deduced by a person attending to his own feelings after meals; following, too, the vulgar adage, *viz.* 'only eating when he is hungry.'—While any pain exists on pressure, animal food must be wholly prohibited; in such cases, a mild diet of sago, or any similar article, answers the best, which must not be repeated more frequently, perhaps, than about once in five or six hours. This plan, with the use of the tepid bath, mild aperients, and the repeated application of leeches to the epigastrium, as long as the least degree of pain exists, will generally soon remove chronic inflammation of this structure. I have seen several cases of the chronic affection pass on to actual disorganization under the use of the blue pill and the flesh diet, on the sweeping supposition, that the affection was 'disorder of the digestive organs,' terms which I should like to see distinctly defined, as their vagueness have become so dangerous to society."

Sometimes a person feels unwell, without being aware of any particular complaint; in such case, the digestive

process is generally deranged. Mr. Abernethy designates this as "A Disorder of the General Health," which, he says, so frequently gives rise to eruptions on the skin, swellings, &c. Mr. A. recommends a compound decoction of sarsaparilla, in doses of from a quarter to half a pint twice a day, with five grains of blue pill every night, or every second night, and regulating the bowels by the use of a mild purgative. Regular exercise, and attention to diet, are matters of course.

INFLAMMATION OF THE BOWELS.

ANY of the common causes of inflammation will give rise to this disease: *viz.* direct irritation of various kinds, exposing the body to cold, and hard and sharp bodies introduced by the mouth; long-continued spasm, obstinate costiveness, and hernia.—The symptoms are denoted by acute pain in the abdomen, and more difficult to bear than most other pains, which is always aggravated by pressure. The skin of the abdomen is often tender to the touch, and the heat of the parts is sensibly increased. There is a general fever system; the tongue is foul, the skin hot, and the pulse frequent. The increased irritability produced by the inflammation, occasions the intestines to contract. After a time, the abdomen becomes tense and swollen, the breathing is quick and short, and the patient bends his body forwards, and draws up his thighs. There are often hiccup, cold extremities, and suppression of urine. The pulse is generally quick and small, as well as hard, beating often 140 or more in a minute. When the disorder is becoming dangerous, the tongue turns brown, and delirium frequently follows. The disease may prove fatal in less than twenty-four hours, and ends more frequently in gangrene than any other inflammation. It

is not equally violent at different times, but may proceed mildly for several days.

Treatment.—On account of the rapid progress and danger of this disease, the most prompt and active remedies must be used. Blood-letting* must not be neglected; and the quantity of blood to be taken ought not to be judged of merely by the pulse, which is always contracted, but by the strength of the patient. The weakness in this case is more apparent than real; for the pulse, in general, rises after bleeding; and it becomes fuller and slower. The warm bath or fomentations may be useful; and after bleeding to the fullest extent, leeches and blisters may be applied to the abdomen. As soon as evacuations by stool have been obtained, purgatives may be employed, but yet with due caution. Irritating purgatives are mostly rejected, by vomiting. Castor oil is one of the best for this disease, which may be given every three hours; but, should this fail, or be returned, the following can be tried:—

Take of subcarbonate of potash, a scruple; cinnamon water, two drachms; common water, an ounce and a half; syrup of orange-peel, a drachm. Mix, and when taken, add a table-spoonful of lemon juice.

A soothing clyster may be frequently injected, as it is entirely free from any objection that applies to purgatives. It may be composed as under:—

Dissolve an ounce of Epsom salt in a pint of barley-water, or thin gruel, and then add two ounces of olive oil.

* “Blood-letting must be carried to approaching faintness, else it will do no good whatever; indeed it will do no harm. After the bleeding, give the patient from eighty to one hundred drops of the tincture of opium, to an adult, in a very small quantity of water, or three grains of pure opium in the form of a soft pill. The food should be of the mildest kind, and given in very small quantities at a time. At the commencement of the attack, the bowels ought to be cleared by mild purgatives.”—*Principles and Practice of Physic*, by Dr. Armstrong.

When these means fail to procure stools, dashing cold water over the abdomen and lower extremities has succeeded; and lastly, tobacco in infusion, given as a clyster, may be administered, in the dose of half a drachm, or even less, to half a pint of water.—Too much reliance is placed on calomel in these cases; its effect in this way is very uncertain. A grain or two, when first administered, will seldom fail to purge; but, upon repetition, it ceases to have this effect, nor will any increase of the dose insure its operation.*

INFLAMMATION OF THE EYE.

AMONG the various causes of this species of inflammation, may be reckoned the consequence of other diseases; *viz.* scurvy, serofula, smallpox, measles, and venereal complaints; but the disease chiefly arises from external injuries, irritating bodies introduced under the eyelids, exposure to bleak winds and cold, too liberal a use of vinous and spirituous liquors, the suppression of accustomed discharges, the long application of strong light, or fixed attention to minute objects. Common inflammation of the eyes usually comes on with heat, redness, swelling, and pain of the parts. “Even talking about the eye to the patient, (says Dr. Armstrong,) greatly aggravates the pain and inflammation very materially.” The patient cannot bear the light, and he feels as if particles of sand were in the eye. If the inflammation be acute, it is generally attended by fever. After a long or short period, the symptoms gradually abate, or entirely cease; but, in some cases, a discharge of thick glutinous matter comes on, which collects in considerable quantities (particularly during sleep) about the angles of the eye. In most cases of this dis-

* The foregoing treatment is recommended by Dr. Clutterbuck.

ease, the eye appears very red; but, occasionally, the inflammation is very deeply seated, when it may be making a quick and dangerous progress, without any external redness being apparent.

Treatment.—The remedies for an acute inflammation of the eyes, are the same as in other inflammations,* and consist in bleeding, purging, cooling medicines, and, occasionally, in the employment of blisters. The bleeding must be repeated according to circumstances; but, in general, the application of eight or nine leeches to the temples will be sufficient; the application to be repeated, if requisite. After the bleeding, a purgative should be given, composed of five grains of calomel and fifteen of jalap. Every three hours, the following may be administered:—

Take of subcarbonate of potash, a scruple; cinnamon water, two drachms; common water, an ounce and a half; syrup of orange-peel, a drachm:—mix, and when taken, add fifteen grains of citric acid.

Dr. Armstrong strongly recommends four or five grains of powdered colchicum to be taken every six hours, until nausea be produced. He says, “I have had less occasion to repeat blood-letting since I used the colchicum; and, I think, a blister placed behind the ear, or the nape of the neck, to be very serviceable. The use of lotions is attended with some advantage, and nothing answers so well, generally, as warm water; sometimes, cold water answers better, but the feel-

ings of the patient must be consulted. If the warm water do not soothe, then apply the cold; but, in most cases, the cold increases the inflammation. There are various medicated lotions used; but, I believe, they usually do more harm than good.” However, the following lotion is highly esteemed:—

Take of rose water, three ounces; solution of acetate of lead, eighteen drops; and if the pain be very acute, add from thirty to fifty drops of the tincture of opium.

When the eyelids are apt to be glued together during sleep, the inconvenience may be avoided by anointing the edges, before retiring, with the following:—

Take of hog's-lard, one ounce; sulphate of zinc, finely powdered, half a drachm.

Dr. Armstrong generally directs the insertion of a little fine Florence oil between the eyelids; * “but, (continues Dr. A.) one of the best things to prevent the glueing of the eye-lids, is not to overload the stomach at bed-time, or even to disturb it through the day by indigestible food.” The diet is the principal thing to be attended to; it must be gentle as long as the inflammation continues. Light must be excluded to a certain extent; but it is extremely wrong to keep the patient altogether in a dark room, because the admission of light to the eye, afterwards, irritates it exceedingly. The eye should be shaded, but not by any thing tied closely over it, for that accumulates the heat; but the shade should be at a little distance from it. The patient should not lay his head

* Mr. Lawrence states, that “injured sight from small-pox ought to be treated by general bleeding, leeches, free purging, cool or tepid washes, and frequent careful cleansing of the lids. The affection of the eye in measles or scarlet fever, does not usually require active treatment. The eyes may be guarded from light, a cool or tepid wash may be used, and the patient purged pretty freely. If, however, the inflammation be more severe, a few leeches must be applied, and afterwards, a blister behind the ear, or at the back of the neck. Ulceration and injured sight may ensue from negligence.”

* Mr. Abernethy advises the use of the citrine ointment in such cases. He says, “the way in which it should be used is this: a little of the ointment should be melted by a candle, and a camel's hair brush dipped in it, and smeared along the edge of the lids, just as if a person intended to paint his eye-lids. The diet (continues Mr. A.) should be attended to, and the bowels kept perfectly regular; and as soon as the bowels and stomach are set to rights, with a little tepid washing and anointing, the eyes get quite well.”

on a pillow on that side where the eye is inflamed. When the active inflammation has terminated, a chronic form may continue for some time. In this state of the eye, a drop of the wine of opium may be put very gently into it every night and morning; and by the use of mild purgatives, the whole disease will be quickly removed: the wine of opium must not be used in the acute inflammation. These observations may suffice for the less severe cases of inflammation of the eye; but if the symptoms do not readily yield, application should be made to an experienced surgeon.

Sometimes a small boil projects from the edge of the eye-lid, which is termed "A STYE." It is of a dark red colour, much inflamed, and usually attended with great pain. This will generally disappear in a short time, if some mild purgative be administered, and a little attention bestowed to the diet. In obstinate cases, however, it will be necessary to apply warm poultices, to be renewed every five or six hours, according to circumstances. The bowels, in this case, must be freely acted upon by purgatives. When the stye appears ripe, an opening may be made with the point of a needle or lancet, and afterwards, a little mild ointment should be used.

INFLAMMATORY FEVER.*

THIS disease is usually divided into three stages: the first is called the "cold stage;" the second, the "hot stage;" and the third, the "sweating stage." It is caused by swallowing cold liquors when the body is heated; long exposure to the rays of the sun; or by any of the general causes of inflammation.†

* Inflammatory Fever is termed by Dr. Clutterbuck and others, "Pyrexia, or Symptomatic Fever."

† See "Inflammation," p. 47.

The cold stage is commonly ushered in by more or less of coldness, particularly of the extremities. At times, the coldness is severe, and is felt all over the external parts of the body. The skin becomes pale and moist, the features appear shrunk and sharp, and the lips and nails either colourless or livid. The pulse is small and feeble, often irregular and frequent. Respiration is generally quick and laborious; there is loss of appetite, nausea, and occasionally vomiting. Sometimes the symptoms are so slight, as scarcely to attract notice, and consist merely in momentary sensations of chilliness.—After the cold fit has continued for an uncertain length of time, the symptoms gradually give place to the hot stage; the severity of which is in proportion to that of the cold stage. It gradually diffuses itself over the body; but irregularly and unequally. The features become plump, the skin recovers its natural colour, the pulse acquires strength, the tongue is commonly furred,* and the secretions generally diminished. The duration of this stage is very various; it may continue for a few hours only, or even for weeks or months, provided the cause (inflammation) continue so long.—The sweating stage is that in which the disease is about to go off; it sometimes takes place rapidly, and is mostly accompanied with sweating, or other evacuation.—In this complaint, the secretions are mostly diminished; the body is costive, and the patient complains of extreme thirst; the urine is scanty and highly coloured; and, as the fever declines, it is increased in quantity, and deposits a red sediment. Other func-

* Dr. Clutterbuck in lecturing on this disease, remarked, that, "it is a prevailing opinion, that foulness of the tongue arises from a disordered state of the stomach; and that emetics and purgatives are prescribed in order to clear the stomach, as if nothing more were required to render the tongue clean. The consequence is, other means are neglected which are equally, if not more necessary."

tions are more or less impaired; the general feelings of the patient are uncomfortable, if not painful; the sleep is diminished; and the muscular strength impaired. As the disorder proceeds, the body wastes; and when protracted, emaciation takes place.

Treatment.—In order to reduce the violent action of the arterial vessels, and to bring the blood into a state as nearly natural as possible, blood-letting,* cooling purgatives, and relaxants, must be actively employed. From twelve to sixteen ounces of blood may be taken; and if the patient be young, or of a robust habit, and the disease still continue unabated, the bleeding must be repeated. A full dose of the following should be administered once or twice every day:—

Take of Epsom salt, Glauber's salt, of each, two drachms; spearmint water, an ounce and a half; antinomial wine, twenty drops; tincture of senna, three drachms.

If the stomach be irritated, two grains of calomel mixed with five grains of cathartic extract, may be made into two pills, and given once or twice in twenty four hours. Dr. Currie, of Liverpool, was in the habit of dashing cold water over the patient; which, in the commencement of the disease is greatly to be recommended: this, however should not be employed, if there be any

* Sir Astley Cooper says "no dependence is to be placed on the buffy appearance of the blood, as that is frequently accidental. The buffiness depends on the rapidity of the circulation; as we frequently witness a cupped state of the blood when the circulation is rapid, although no inflammation be present." And Dr. Clutterbuck states, that "if the blood flow in a very small stream, or trickle down the arm of the patient, or be received into a broad vessel, or in any way so as to expose a large surface to the air, it coagulates so quickly, that time is not given for the red particles to subside. The way to observe the real condition of the blood, is to take it in several cups, by which you can collect separately that which flows the most rapidly, and consequently most favourable for observation."

chilliness complained of. Cold drink may be freely allowed in the early periods of the disease. The patient's chamber should be airy, well ventilated, and his bed but lightly covered. For the further treatment, the reader is referred to the article "Inflammation."

INFLAMMATION OF THE KIDNEYS.

This disease is produced by all the ordinary causes of inflammation; viz. exposure to cold, injury of the part, long journeys on horseback, strong urine provocatives,* obstinate costiveness, stones in the kidneys, &c. It is the opinion of Dr. Clutterbuck, that "the present indulgence in the use of soda water, as a beverage, is very likely to stimulate the kidneys injuriously." This disease is of frequent occurrence in persons troubled with the gout; and when the inflammation is very violent, the disease is always dangerous. It is characterized by the usual symptoms of inflammation; such as, more or less of pain or uneasiness in the part, and often of the throbbing kind, extending downwards; retraction of the testicle; nausea and vomiting; numbness of the thigh, &c. The urine is generally very highly-coloured, and sometimes tinged with blood, and the desire to pass the urine is very frequent. The inflammation may affect one kidney without affecting the other; therefore, a sufficient quantity of urine may be passed by the healthy kidney. In very violent cases, the secretion is stopped, the brain becomes affected, producing delirium, and, ultimately, stupor. Like any other inflammation, it may

* "Men gorge themselves with a very complicated diet and drink, certainly taking thrice the quantity of fluid necessary, and thus giving the kidneys three times the work they ought to perform. Acid and stimulating drinks tend to produce disturbance in the kidney and bladder."
—Dr. Armstrong.

terminate in various ways.* Sometimes by the formation of matter which may be evacuated with the urine; or discharged externally by an abscess in the loins, when a flow of urine will probably accompany the purulent matter.

Treatment.—The treatment of this inflammation is much the same, as for inflammation in any other part of the body. According to the age and strength of the patient and violence of the disease, blood-letting must be proportioned. In the commencement, blood should be drawn from the arm, and repeated two or three times, at intervals of a few hours. Cupping, or the application of twenty leeches to the region of the kidneys may be resorted to.† The following purgative must be administered, and repeated every four hours:—

Take of solution of acetate of ammonia, three drachms; camphor mixture, ten drachms; ipecacuanha wine, thirty or forty drops; syrup of tolu, half a drachm:—mix.

As an opiate clyster, a drachm of the tincture of opium may be added to four or five ounces of barley-water. After bleeding, flannels wrung out of a warm decoction of emollient herbs, or a bladder filled with warm water, should be kept constantly over the part. A mustard poultice may be applied; but a blister would in general be improper.‡ The warm bath may be occasionally used. The diet must be simple, and small in quantity. After the disease has abated, the patient should return to his usual occupation and food with the greatest caution, for fear of a relapse. Those persons who are liable to frequent returns of this disease, should lie upon mattresses, use moderate exercise,

and by no means to drink any kind of wine in which tartar has been mixed.

INFLAMMATION OF THE LUNGS.

“THE tendency to inflammation of the lungs is sometimes hereditary, and sometimes acquired. The affection prevails most in cold dry weather, but occasionally in cold moist weather. If an individual chance to be chilled by exposure to rain, or if cold be applied to the chest and feet, re-action takes place, and, if predisposed, inflammation ensues. If any one get wet while he is walking, he should keep in motion, but should always change his clothes as soon as possible, and the sooner he uses a tepid salt bath the better. Inflammation of the lungs may be contracted by sleeping in damp sheets, suddenly plunging in a cold bath, excess of diet, mechanical injuries, the dust received with the breath, &c.”* When the substance of the lungs is attacked by inflammation, there is but little pain experienced, and not at all in proportion to the degree of the disease; there is commonly, however, more or less of pain felt, and which may be variously seated in the chest, according to the seat of the inflammation. Sometimes the pain shoots through from the front to the back, and is often felt under the shoulder-blade; sometimes about the top of the shoulder, and not unfrequently about the middle of the arm. The symptoms of violent and dangerous inflammation are various:—

1. Pain in the chest; and the worst cases are those in which there is the least pain.—
2. Difficult respiration of a continued kind. The breathing is short and laborious, often with wheezing.—
3. A livid hue of the skin in various parts, especially of the cheeks, lips, and nails; and as animal heat depends in a

* Dr. Baillie states, that “no gland is so prone to suppuration as the kidney.”

† Dr. Armstrong

‡ “When a blister is applied, a thin substance (a bit of gauze) must be placed between the blister and the skin, and do not let it remain on longer than ten or twelve hours.”—Dr. Armstrong.

* Dr. Clutterbuck.

great measure upon respiration, coldness of the extremities takes place.—

4. The same pressure which acts upon the air-vessels, influences also the blood-vessels of the lungs; the blood, in consequence, is impeded in its passage from the right to the left side of the heart; the pulse is, therefore, small, soft, and feeble, and sometimes irregular.—5. The brain from its proximity to the heart, is likely to suffer most from the impediment to the return of blood to the heart; and hence stupor, and, not unfrequently, delirium ensues.—In severe cases of this disease, the tongue assumes a brown hue; and the thicker and darker the crust on the tongue, the greater is the danger. There is often no cough; but when it does occur, there is not much expectoration at first, and the spittle is usually of a brown or thin, watery appearance; sometimes it is bloody, when the blood is rather of a dark hue. In ordinary cases, the real nature of this disease may be known by the constant difficulty of breathing, painful cough, and presence of fever. In infants and old subjects, it often runs its course, and proves fatal, in little more than forty-eight hours.

Treatment.—Blood-letting, commenced at the early stage of the disease, is particularly necessary; the patient in many cases requiring to be bled, (once or oftener, daily, according to the severity of the symptoms,) for many days in succession, till either the disease give way, or the strength will no longer allow of the evacuation.* Immediately after the bleeding, the following pill must be taken :—

Take of submuriate of mercury, five grains;
and the same quantity of conserve of
hips:—mix.

As it is necessary that the bowels should be kept easy, a draught may be taken, according to the effect it may produce :—

* "Principles and Practice of Physic," by Dr. Armstrong.

Senna tea, two ounces; Epsom salts, three drachms; syrup of saffron, one drachm.

When the skin is livid, the extremities are cold, the pulse feeble and irregular, and the tongue of a dark brown colour, bleeding in any quantity will but hasten the fatal event. A blister may be applied to the chest, and one of the following pills taken every third, fourth, or fifth hour, as the urgency of the symptoms may dictate :—

Take of calomel, twenty grains; purified Turkey opium, six grains; and a sufficient quantity of conserve of hips to form the whole into a mass. Divide into twenty pills.

Bathing the feet and legs in warm water will be of great service, so also will the frequently inhaling of warm water. During the whole course of the complaint, the patient should be confined to bed, his chamber kept cool and quiet, and his strength supported by a light diet.

Persons advanced in years, and those who have greatly weakened their constitutions by excesses, are occasionally attacked with what is termed "Spurious Inflammation of the Lungs." The patient is alternately hot and cold, feels giddy, and complains of head-ach; the pulse is small, and often intermitting; and lying low, or on one side, is peculiarly distressing.

Treatment.—Bleeding must be used very cautiously, if permitted to be employed; but blistering the chest is often of great advantage. Instead of bleeding, perhaps the following may be substituted :—

Take of emetic tartar, ten grains; water, six ounces; syrup of saffron, two drachms: of this a table spoonful may be taken every twenty minutes till vomiting is produced.

The pills of calomel and opium, prescribed for "Inflammation of the Lungs," are of much service. Abstinence from

animal food must be strictly enjoined ; but where the patient has been accustomed to the use of fermented liquors, a small quantity of wine or porter may be allowed.

INFLAMMATORY SORE THROAT.

EXPOSURE to cold is the general, and indeed the only obvious cause of this disease. If the habit be strong, and the disease occur in winter or spring, it is usually of the inflammatory kind. There is, then, much pain felt in swallowing, to which there is a constant propensity ; while the swelling is so considerable, as to render swallowing difficult as well as painful. The imperfect state of swallowing often occasions a part of the food, or drink, to be thrown through the nostrils. In some instances, the swelling is sufficient to press upon the jugular veins, so as to impede the return of blood from the head, and thus occasion a degree of stupor, or even delirium. Now and then, though rarely, respiration is impeded by the swelling ; and another danger is, the spreading of the inflammation, so as to destroy the voice, or to produce symptoms of croup. Except in very slight cases, active fever usually attends ; and the pulse is strong and full, with only a moderate degree of frequency. The disease has a strong tendency to go into suppuration, which it frequently does, after it has continued for several days, in any considerable degree. It is rarely attended with danger, though it sometimes proves fatal ; and this may happen either from the affection of the brain, or from impeded respiration.*

The *treatment* of this variety is simple, as it requires little more than the common treatment of inflammation. The following emetic should be administered at the commencement of the

disease, and repeated two or three times, if the symptoms require it :—

Take of emetic tartar, one grain ; ipecacuanha, fifteen grains ; common water, an ounce and a half :—mix.

If the brain should appear to suffer, opening the external jugular vein promises the most effectual relief ; and if the respiration be rendered difficult, the operation of making an opening into the windpipe ought not to be delayed. In all urgent cases, the approach of suppuration ought to be narrowly watched, in order that the abscess may be opened as early as possible. Scarifications of the parts may be useful, as tending to diminish the swelling in some degree. Gargles are of little use ; and the too frequent employment of them is hurtful, while it adds considerably to the distress of the patient. However, should the patient wish to employ a gargle, the following will be as pleasant as any :—

Take of tincture of myrrh, three drachms ; infusion of roses, seven ounces. If suppuration be unavoidable, the gargle should be used warm.

It will be necessary to give a cooling purgative :—

Take of compound infusion of senna, an ounce and a half ; cinnamon water, two drachms ; manna, a drachm ; Epsom salt, one or two drachms :—mix.

When the subject of the disease is rather weak than strong, and of an irritable habit, the inflammation occupies all the parts within view. The redness is intense at first, but with little swelling or pain, as compared with the former. White vesicles are apt to form on the inflamed surface, very like the thrush, which often go into ulceration, to a greater or less extent. These changes are frequently gone through in a few hours, and the ulcers heal as rapidly. Swallowing is not very difficult in this case ; nor is the respiration apt to be impeded, unless from the spreading of the inflam-

* Dr. Clatterbuck.

mation. There is much fever, which is marked by a very quick and frequent pulse, which is also small, if not weak. The skin is usually hot, and there is much head-ach. In this form of the disease, the brain appears to be much disposed to inflammation; this, therefore, is one source of danger; and another is, the spreading of the inflammation, as before remarked.

Treatment.—Slight cases require only attention to regimen; strict abstinence, however, is not necessary; the patient may generally be left to follow his inclinations.* Proportioned to the general circumstances of the patient, bleeding may be usefully employed; the emetic already prescribed, should be frequently administered; and as soon as the fever is reduced, a blister may be applied near to the seat of disease. Two or three times a day, a pill may be taken, composed of four grains of James's powder and a little conserve of hips. Under all circumstances, the inhaling of the vapor of warm water and vinegar, greatly assists the progress of the disease.† It is of importance, that the skin should be kept cool, and a pure air admitted to the patient; carefully avoiding every thing of an offensive nature.

INFLAMMATION OF THE STOMACH.

THIS disease is caused by exposure to cold; the use of cold drinks, when the body is heated; mechanical violence; acrid and poisonous substances being taken internally; obstinate cos-

tiveness; and violent passions of the mind. The shifting of the inflammation from other parts, may also be enumerated among the other causes.—The disorder is, for the most part, characterized by a sense of heat or scalding at the pit of the stomach, which is increased by swallowing any thing hot or acrid. It is frequently attended with severe vomiting; hiccup takes place, and occasions an aggravation of the pain. The pulse is quick, small, and hard; the tongue is white, yellow, or brown, according to the violence of the disorder; the urine is scanty; and there is a feeling of anxiety, with great depression of general strength. When the inflammation is very acute, it is quickly fatal, and frequently ends in gangrene; but if the symptoms be mild, the inflammation may terminate in abscess.*

Treatment.—The first thing to be attended to is the removal of the cause, if still acting, as in the case of poisons swallowed. With this view, vomiting should be promoted; for which, warm water alone will be sufficient; except, perhaps, that oil may be more readily rejected by vomiting. When the cause has thus been sufficiently attended to, the irritation should be allayed by opium; and then the inflammation obviated as far as possible by blood-letting, the warm bath, warm fomentations, and clysters. When the cause does not proceed from poison, recourse may be had to bleeding and carried as far as the habit will bear; but if it arise in the course of a fever, the treatment must be governed by the stage of the disease, and be more or less active accordingly.† After the bleeding, one of the following pills must be taken, and repeated every three hours:—

* Dr. Clutterbuck.

† Dr. Baillie, in his observations on this disease, states, that if one or two bleedings do not lessen materially the inflammation, he should recommend the progress of the disorder to be encouraged by the inhaling of warm vapour into the mouth, and the application of poultices to the seat of the disease. In this way the progress will be quickened, and the patient suffer considerably less.

* Dr. Armstrong. † Dr. Armstrong.

• Take of calomel, twenty grains; purified Turkey opium, six grains; conserve of hips, a sufficient quantity to form the ingredients into a mass, to be divided into twenty pills. •

Purgative medicines are by no means applicable in this disease, but the following clyster may be used with advantage:—Dissolve an ounce of Epsom salt in a pint of barley-water, or thin gruel and then add two ounces of olive oil.

ITCH.

THIS eruption is attended with an intolerable itching, and is usually found between the fingers, or in the flexures of the joints. Personal uncleanliness may be considered as the primary cause: it will readily appear in those who use a meagre diet, have but little exercise, and are confined to a close air.—“A pimple appears on the surface of the body, which bursts, and the discharge from it is applied to a new surface on which another pimple appears. Then it begins at a point, spreads all over the body, and sometimes forms scabs; in which case, it is difficult to know whether it be itch or not.

Treatment.—“Well! brimstone is an infallible cure for the itch; and, in dubious cases, I tell the patient to try it. If the eruption be the itch, the brimstone will cure it in twenty-four hours, and if it be not the itch, no harm will be done. Half a pound of ointment (composed of equal parts of sulphur and hog’s-lard) must be rubbed over the body, but particularly the parts affected, and be done at bed-time, before the fire. The patient should put on a suit of under garments, go to bed, and remain there till the same hour the next night. He may then take a warm bath, clean himself well, and all the itch will be gone; but all his clothes must be destroyed which have previously been worn. But there are

many diseases like the itch, which are dependant upon the digestive organs.”* It will be necessary for the patient to adhere to the warm bath for several weeks, and to regulate the system with the following:—

Take of Epsom salt, half an ounce; Glauber’s salt, half an ounce; spearmint water, five ounces; antimonial wine, two drachms; tincture of senna, an ounce. Two or three spoonfuls may be taken as often as necessary.

JAUNDICE.

THE causes of jaundice are not always obvious. It may arise from cold, terror, or emotion of the mind; affection of the liver; pressure of the stones in the gall bladder and its ducts; swellings of the glands; general and severe disorder of the intestines and other digestive organs. Costiveness and loaded bowels is a frequent cause; it sometimes appears during pregnancy, and occasionally in newly-born infants. Jaundice is not properly a disorder in itself; but, as a consequence of disease. It is attended by some or other of the following symptoms: a disrelish for food, nausea or vomiting, uneasiness of stomach after eating, looseness or costiveness; frequently, an acute pain at the pit of the stomach, which is relieved by pressure; lowness or depression of spirits, and a troublesome itching of the skin. The stools are of a gray or clayey appearance.

Treatment.—In recent cases of jaundice, a cure may be easily effected; if it arise from pregnancy, it will disappear on parturition. The warm bath and occasional purgatives, will be the best means of allaying irritation. Three table-spoonfuls of the following may be taken every three hours until it operates:—

* “Lectures on Surgery,” by Mr. Abernethy.

Take of Glauber's salt, and Epsom salt, of each, half an ounce; spearmint water, five ounces; antimonial wine, two drachms; tincture of senna, an ounce :—mix.

Every other morning, the bath should be used; and in order to keep the bowels in a laxative state, without their being purged, one of the following pills may be taken at bed-time, every night, or every other night :—

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, a scruple; Castile soap, ten grains; oil of juniper, five drops. Beat into a mass, and divide into thirty pills.

When it is found that this disease has arisen in consequence of an inflammatory affection of the liver, it must be removed by bleeding, applying leeches, or cupping on the seat of the liver, and placing a blister over the part. A spoonful of the following may be taken three times a day :—

Take of subcarbonate of soda, two drachms; powder of Peruvian bark, one ounce; powder of rhubarb, half a drachm; mucilage of gum Arabic, enough to make an electuary.

Should the disease arise from costiveness, a purgative clyster may be used :—

Dissolve an ounce of Epsom salt in a pint of barley-water, or thin gruel, and then add two ounces of olive oil.

The clyster must be followed by warm fomentations and the warm bath. Acute pain in the pit of the stomach may be relieved by hot fomentations, and warm emollient clysters of gruel and oil.—A grain of opium and eight grains of hemlock may be taken every three or four hours, if the pain arise from spasm. If there be any inflammation, bleeding must be resorted to. The nitro-muriatic acid bath is strongly advised for this disorder; so, also, are the Cheltenham and Leamington waters; but, if they cannot be obtained, one or two drachms of each salt, (Glauber's and Epsom,) dissolved in half a pint of lukewarm water, may be taken every morn-

ing for a fortnight, and then laid aside for a week.—From whatever cause jaundice may arise, the warm bath, warm fomentations to the abdomen, and gentle purgatives, are applicable. The diet should be light and nutritious; the patient observing a strict regularity in his meals; and using daily exercise, either on horseback, or otherwise, but to avoid fatigue. Infants are sometimes attacked with jaundice soon after birth; but it will generally yield to a dose of castor oil, or other purgative. If this be not sufficient, an emetic of ipecacuanha will be effectual.

LEPROSY.

THIS is a disease but little known in this country; it is, however, frequently met with in Egypt and some parts of the East Indies. There has been much speculation employed as to whether the complaint is contagious: it is certainly produced by cold, moisture, great heat and uncleanness combined, excessive fatigue and poor diet. The affection first appears in the form of white scales, of a circular form, preceded by reddish and glossy elevations of the skin, and encircled with a red border.*

Treatment.—In all cases of leprosy, warm bathing is recommended; and the waters of Harrowgate (applied internally or externally) are particularly serviceable. In mild cases, in addition to warm bathing, the parts may be anointed with tar ointment every night, and carefully washed off the next morning with warm water. The bowels, of course, must be kept regular, and the patient should use a strengthening diet. If the affection be severe, two or three spoonfuls of the hemlock dropwort may be taken every morning: the warm-bath and ointment to be employed in this case. Many practitioners in this coun-

* Dr. Thomas's "Practice of Physic."

try consider leprosy to be a species of scurvy, and consequently treat it as such.

LIVER COMPLAINT.*

THIS disease may be brought on by violent or insufficient exercise ; exposure to cold ; anxiety of mind ; excessive use of mercury, or ardent spirits ; spicy food ; whatever weakens and disorders the stomach and bowels, or impairs the general health ; or by sedentary occupations : hot climates strongly predispose to inflammation of the liver, and that, too, in all its degrees. The liver extends across the body ; and as any part of it is susceptible of inflammation, the pain may be felt in the centre of the body, or in the left side, and not at all in the right : or, the disease may occupy the posterior part of the liver, and then the pain will be referred to the back. If the left side only be affected by the inflammation, the patient will lie easier on the left than on the right side. The most usual symptoms are,—a pain on the top of the right shoulder, capricious appetite, and vomiting, or nausea.†

* “Some writers (says Dr. Clutterbuck) have divided this complaint into the *acute* and *chronic*, as if they were two different species of disease ; they are, however, only different degrees of the same affection. The more *acute* cases are marked by a greater degree of fever action and pain.”—Dr. C. also states in his *Lectures on Symptomatic Fever*, that “the secretion of the liver is liable to be altered in *Pyrexia* (Symptomatic Fever) as well as any other of the secretions ; not, however, because the liver has any thing more to do with the disease, than the kidneys have. It is a sort of fashion, now-a-days, to attribute a great number of diseases to the liver, upon no other ground, than because the function of this organ is slightly disturbed ; just as it was formerly the custom to judge of disease by the state of the urine. But neither the bile nor the urine has any thing to do with the disease. All this would be of no importance, if it did not influence the practice in prescribing mercury, in some form or other, as if a poison were calculated to produce healthy action.”

† Sir A. Cooper.

Cough and difficulty of breathing sometimes occur ; and hiccup is not an uncommon symptom. Should the jaundice occur, it serves to remove all doubts with respect to this disease. In very slight cases of inflammation of the liver, the motions will be highly offensive ; but, if the inflammation be violent, the discharges will be white or clay-coloured, and there will be no yellowness of skin. This disease, in its “chronic form,” may be generally known by some degree of uneasiness felt in the region of the liver, which is increased upon pressure ; disordered bowels and digestion ; sallowness of complexion ; highly-coloured urine ; and by a furred and yellowish state of tongue. Sometimes the liver can be felt in an indurated, if not in an enlarged state. The progress of the disease is rather slow ; and it may terminate in health, or death may ensue from the mere violence of the inflammation.

Treatment.—Proper and sufficiently early application of remedies, generally proves successful. Blood-letting, purging, and vomiting, are essentially necessary ; and, as auxiliaries, a warm bath twice a week, and an occasional blister over the seat of the disorder. Change of air and scene, early rising, and a light nutritious diet, are indispensable. Great advantage will be obtained by the use of the Cheltenham or Leamington waters, with an occasional visit to those of Buxton. Every night, one of these pills may be taken :—

Take of calomel, ten grains ; James’s powder, ten grains ; Turkey opium, in powder, four grains ; conserve of hips, a sufficient quantity to form the ingredients into a mass, which is to be divided into ten pills.

Every other morning, the following aperient :—

Take of Epsom salt, Glauber’s salt, of each, two drachms ; spearmint water, an ounce and a half ; antimonial wine, twenty drops ; tincture of senna, three drachms.

The following mixture has been very serviceable in some cases: three table-spoonfuls can be taken three times a day:—

Take of compound infusion of gentian, five ounces; alkaline solution, half an ounce; tincture of cascarrilla, half an ounce. Should the alkaline solution be found too caustic in the mouth, two table-spoonfuls of barley water may be added.

Whether the preceding remedies have been successful or otherwise, twenty or thirty drops of the diluted nitric acid may be taken three times a day: as a valuable remedy, the nitro-muriatic acid bath is recommended.—“Never allow a patient to go about whilst he has any pain in the region of the liver; but insist on absolute rest.”*

MENSTRUATION.

In this country, the menstrual discharge usually commences about the age of fifteen, though sometimes it makes its appearance before that period, and sometimes later.† About the first appearance of this discharge, the constitution undergoes a very considerable change, generally for the better, but sometimes for the worse. The greatest care is then necessary, as the future health and happiness of the female depend, in a great measure, upon her conduct at that period. In the commencement, the discharge is generally irregular as to the quantity and the period of its return; but, after a few times, it usually observes stated periods; and nearly the same quantity is lost at each visitation, unless some irregularity take place. Dr. Lyall states that “healthy women,

(after the age of puberty, until the time of the cessation of the menses,) should menstruate every twenty-eight days, or thirteen times in each year.” Its continuance varies from three to six days; those of a lax and delicate constitution having a more copious and longer-continued discharge, than persons of a robust habit. Dr. Dewees says, that “some women menstruate during pregnancy, until a certain period; (the second or third month;) but when that time arrives, it ceases.” After the menses have begun to flow, every thing which may tend to obstruct them should be carefully avoided. The female should take daily exercise in the open air, and partake of a wholesome, nutritious diet: every thing which is cold, or likely to sour on the stomach, ought to be avoided. During the time of menstruation, exposure to cold is extremely injudicious; for more females date their disease from cold caught while they are in that situation, than from all other causes.

CHLOROSIS; OR, GREEN SICKNESS.—It is frequently no easy matter to procure a flow of the menses; the several secretions being faulty or inert, particularly at the commencement. The principal causes of this retention arise from indigestion and constitutional weakness; but insufficient or innutritious diet, costiveness, or whatever enervates the general system, may be considered as among its causes. This disorder comes on insidiously, and endures for many months before it attracts the serious attention of the patient or her friends. Dr. Hall observes on the subject of “Chlorosis, or Green Sickness,”* that “soon after the commencement of the disorder, the countenance is observed to have become rather pale and thin; the lips are pale, and, with the chin, are frequently observed to be tremulous in speaking. The surface of the face is

* Dr. Armstrong.

† “The menstrual discharge is peculiar to women, and belongs to the sex in all countries; so that Pliny was right in regarding woman as the only menstrual animal. The celebrated Blumenback was indefatigable in his inquiries on this subject for upwards of twenty years.”—“Lectures on Man,” by W. Lawrence, Esq. F. R. S.

* “Commentaries on the Diseases of Females,” by M. Hall, M. D. F. R. S.

frequently affected with an appearance of oily and clammy perspiration, especially about the nose ; and there is usually a degree of sallowness and darkness of the complexion in general, but principally about the eyes and the mouth. The face is sometimes rather bloated, and the skin coarsish at first, but afterwards there is some degree of emaciation. The tongue is almost invariably much loaded ; sometimes, however, only slightly, whilst its edges are clean and red. In severe cases, the teeth and month are foul ; the saliva is viscid ; the breath tainted ; the skin cool, moist, and clammy ; the hands and feet are usually cold ; the fingers rather livid ; and the nails frequently assume a lilac hue." Sometimes, there is a distressing cough ; and the patient is thought to be on the verge of a decline.

Treatment.—The principal object in the treatment of chlorosis is, to get the system into a state of good general health ; for this purpose, the patient should take daily exercise in the open air, particularly on horseback ; use a nutritive diet, with a small quantity of white wine. Active friction with the flesh-brush over the region of the stomach and bowels, is considered useful ; and using a warm bath about twice a week will greatly assist the other remedies. Medicine affords but little relief in this affection ; but sometimes the following has been serviceable :—

Take of sulphate of iron, twenty grains ; ipecacuanha, in powder, ten grains ; aromatic powder, twenty grains ; extract of gentian, two scruples :—mix with a little syrup, make the whole into a mass, and divide into twenty pills. Two to be taken three times a day.

The inhalation of two gallons of oxygen gas, properly diluted, has been useful, after other remedies have failed. In obstinate cases, electricity may be resorted to ; and the waters of Tunbridge Wells have been successful in numerous instances. It sometimes happens that

green sickness occurs in girls of general vigour ; in such cases, the pulse is full and tense, and the pain in the head and the loins very severe. The ordinary cause is taking cold in the feet during the period of menstruation. The condition of the patient will fully justify, at the commencement, occasional bleeding, and cooling medicine. The warm bath must be used, regular exercise taken, and a plain diet persisted in for some time.

IMMODERATE FLOW OF THE MENSES.

—A flow of the menses is to be considered as immoderate, when it either returns more frequently than what is natural, continues longer than ordinary, or is more abundant than is usual with the same person at other times. Its causes may be referred to a fulness of habit, accidents, violent exercise or passion, strains, costiveness, excess of venery, wet and cold to the feet, frequent child-bearing or miscarriage, a sedentary life, grief, poor diet, indulgence in spirituous liquors, or any thing which enervates either the mind or body.—The disease is often preceded by head-ach or giddiness, and is afterwards attended with pains in the back and loins, some degree of thirst, universal heat, and a frequent strong pulse ; but, where it arises from a laxity of the organ, or general debility, the symptoms which attend are,—paleness of visage, chilliness, unusual fatigue in exercise, a hurried respiration on the slightest effort, pains in the back, coldness in the extremities, loss of appetite, indigestion, and a long train of the usual nervous feelings.—In the treatment of this disease, the greatest precaution is to be observed: we may either do too much, or not enough. Sometimes it is necessary to bleed, and at others, bleeding must be avoided. In general, it will be sufficient to keep the bowels free, to use a spare light diet, drink freely of lemonade, &c. avoid too much warmth, keep the body in a recumbent posture, and admit the pure air

into the chamber. Linen cloths dipped in vinegar and cold water, constantly renewed and applied to the back and privities, have been very serviceable, particularly if the discharge be profuse. We could point out numerous remedies for this disease, all of which have been eminently serviceable in individual cases, but which would be attended with unpleasant results if employed generally. If the simple means above prescribed should not be sufficient, we earnestly advise the fair patient to seek the protection of the practitioner who is best acquainted with the state of her general health.

PAINFUL MENSTRUATION.—It not unfrequently happens that menstruation which recurs every month with very little irregularity, is attended with considerable local pain, particularly about the loins, hips, and region of the womb. This pain usually proceeds either from a spasmodic constriction of the extreme vessels of the womb, or from a deranged state of the general health; and it is probable that the latter cause is the most frequent. For this affection, the patient is advised to take daily exercise in the open air; to use a light nourishing diet; and a warm bath three or four times a week. Change of air and scene will generally effect more than medicine; "but I have found (says a distinguished physician)* thirty or forty drops of volatile tincture of guaiacum, to be serviceable in some cases. It is scarcely necessary to say that the bowels should be kept regular by some mild medicine." When local means are necessary, warmth may be applied over the whole of the abdomen by means of bottles of hot water.

SUPPRESSION OF THE MENSES.—Any interruption to menstruation, except from conception, is always to be considered as a suppression. From the absence of the usual monthly discharge, the female

is troubled with various strange feelings, but which differ considerably in different individuals. The following are the most frequent causes of suppression of the menses: protracted fever; suddenly-suppressed perspiration from cold, particularly if it occur while the discharge is following; sudden alarm or terror; and scanty and poor living.

Treatment.—Where it is proper to employ medicine, the following may be used:—

Take of compound tincture of saffron, one ounce; tincture of black hellebore, half an ounce.

The warm bath should be used three or four times a week: daily exercise in the open air is indispensable, and the diet should be of a mild and nutritious nature. Daily friction over the loins and the lower part of the abdomen will be attended with beneficial results; and it is very important to keep the bowels free, which may be accomplished by five or six grains of the compound powder of aloes, every other night. Six or eight ounces of blood may be taken from women of full habit of body, about the time that the discharge should appear; and if the suspension occur during the flow of the menses, it is highly necessary that blood-letting should be resorted to.

FINAL CESSATION OF THE MENSES.

—The time of the final cessation of the menses, is always critical, as the constitution undergoes considerable change; and from which, obstinate chronic disorders frequently result. Before the discharge finally ceases, it becomes somewhat irregular, both as to the periods and the quantity. Medicine can afford but little benefit at this period, the grand object being to quiet local irritation by gentle laxatives, and to prevent any incidental stimulus, or painful mental emotion. Moderate exercise is necessary; costiveness must be guarded against; and the diet should be nutritious, and small in quantity. The warm bath may be used; and some-

* Dr. Dewees.

times small bleedings are necessary. Should ulcers appear on the legs or any other part of the body, they must not be hastily interfered with, as they are generally to be regarded as critical discharges. At this stage, it is by far the safest plan for the patient to consult her medical attendant.

MILK FEVER.

ABOUT the third or fourth day after delivery, the breasts commonly become painful, from the secretion of milk which then takes place in them. When this is moderate and free, no inconvenience will be experienced; but, when copious, and accompanied by any obstruction, in consequence of some repellent application, or of an exposure to cold, the breasts will then become hard, swelled and painful. A small fever ensues, accompanied by nausea, restlessness, pains in the head and back, and a considerable degree of thirst. To prevent this complaint, it is always advisable to place the child to the breasts at a very early period after delivery; and where the mother's health will not admit of this, she should have her breasts drawn three or four times a day by some other person. A spare diet should then be used, the body kept gently open by laxative medicines, and liquid abstained from, as much as possible. If there be any fever, this treatment must be strictly enforced.*

MENTAL DERANGEMENT, OR INSANITY.

"AN arbitrary division of the subject of insanity, (observes Dr. Clutterbuck,) has made it into two species; the furious or violent kind, termed *mania*, and the gloomy and desponding, called *melancholia*. These, however, are by no means specifically distinct affections; for they often change mutually into each

other; and what is more to the purpose, they require the same medical treatment in principle, though the moral management may sometimes vary."

The causes which appear most efficient in laying the foundation for insanity, are—injuries of the brain; habits of intoxication; great mental emotions, and long-continued and intense application of mind, especially when coupled with anxiety. These causes are much aided in their operation and effect, by the existence of a predisposition on the part of the patient, and which is frequently hereditary. "This predisposition appears to consist in an original malformation of the brain, often discernible from without by a corresponding mis-shapen state of the skull."* Insanity may also proceed from child-birth; menstrual irregularities, epilepsy, religion, pride, avarice, ambition, &c.—It is scarcely possible to give a complete description of insanity, for no two cases are precisely alike; so that there is almost an endless diversity in the character of the disease. It may be mild or violent; partial or extensive, as regards the different functions of the mind; it may be continued or periodical, curable, or incurable. The symptoms that appear to be essential to insanity, and which apply to all the varieties, may be comprised in a few words, *viz.* an erroneous judgment of certain things; the actions of the individual corresponding, for the most part, with such erroneous judgment. Recovery, in cases of insanity, depends upon different circumstances, some of which it is difficult to appreciate: it is certainly not dependent upon either the extent or violence of the mental disorder. If there should be discovered an hereditary tendency to the disease, and this tendency should be marked by any malformation of skull, it will much diminish the chance of recovery; the more frequently, also, the

* Dr. Thomas's "Practice of Physic."

* Dr. Clutterbuck "On Diseases of the Nervous System."

disease has recurred, the less likely will it be to go off again. Upon the whole, it may be observed, that where the disease occurs for the first time, and when it is not hereditary, but produced by causes of a temporary nature, which may be easily avoided, (such as the use of intoxicating drinks, and mental emotion or exertion,) a recovery may be expected to take place in a great majority of cases. When recovery takes place, it is almost always slow and gradual, requiring many months for its completion.

MELANCHOLY is considered as a partial kind of insanity, attended with depression of spirits, and leading often to self-destruction. It frequently arises from some supposed impending evil; but, sometimes it takes place without any such error of judgment, and is altogether unaccountable. "As far as I have seen, (says Dr. Clutterbuck,) this depression of spirits is nowise essentially connected with, far less dependent upon, bodily weakness as its cause; on the contrary, you will often find such patients to be of full habit, and complaining of throbbing headach, with flushing of the face, a full and strong pulse, though sometimes the pulse is preternaturally slow: the tongue is often white and dry, as in inflammation in general. These symptoms, considered in themselves, would call for active measures, such as bleeding and purging; and these are not at all the less necessary, because the patient is in a low and desponding state of mind."

Treatment of Insanity in general.—

"The treatment of insanity (continues Dr. Clutterbuck) is more simple, than it is perhaps successful. You must not bleed profusely, merely because the delirium is of a furious kind; nor, on the other hand, should you stimulate, because the patient is in a desponding and melancholy frame of mind; but this is to be determined by the state of the pulse, and the various other circumstances

by which we are accustomed to judge of the activity of the disease, and the strength or weakness of the system altogether. The empirical practice of pouring cold water upon the head, while the feet or body is immersed in warm water, operates probably upon the principle of terror, and seems quite as likely to do harm as good. Yet, a few years ago, the success of this practice was vouched for by many persons of rank and intelligence; but the practice, nevertheless, has gone pretty well into oblivion."

Dr. Clutterbuck decidedly objects to the administering of opium, or any other analogous drug, in order to procure sleep, as he considers it to be highly injurious, and tending to aggravate the inflammatory state of the brain. Every thing that is calculated to excite much action of the brain, must be carefully avoided, *viz.* intoxicating drinks and narcotics in general; too powerful impressions of the different organs of sense; great voluntary exertion; and above all, mental emotion and excessive application of the mind to any subject. Music and dancing have been sometimes permitted in favourable cases, and with apparent advantage: travelling has been recommended in many cases, where the circumstances of the patient would admit. "Harsh treatment, no less than excessive indulgence, is injurious; but, firmness and decision are indispensable. A command over maniacs is easily obtained and preserved; for coercion should never be carried further than safety requires."†

NERVOUSNESS.

"I THINK (says Dr. Armstrong†) that there is such a condition as general nervousness, without its being referable to the existence of any particular local af-

* See the article "Brain Fever," p. 63.

† Dr. Armstrong.

‡ "Principles and Practice of Physic."

fection of the nervous system;* but as nervous sensations are frequently mixed up with serious affections of the brain, heart, stomach, liver, or intestines, the greatest care ought to be taken that these affections are not overlooked."—Whatever tends to enervate the general system, may be considered as the primary cause of nervous debility; *viz.* costiveness, anxiety, sedentary or luxurious mode of living, the excessive use of mercury, disorder of the digestive organs, close application to business or literary pursuits. The symptoms of this malady are pretty well known; they mostly consist of general irritability, pain in the head, spasmodic pains in the different parts of the body, sleepless nights, and great debility.

Treatment.—Bleeding, leeching, or any other mode of abstracting blood, is by no means to be employed in nervous affections. The use of daily friction by the patient, is to be strongly recommended; and early rising and daily exercise must form a part of the general treatment. In order to improve the condition of the system, Sir A. Cooper advises the following, with the other means just mentioned:—

Take of carbonate of ammonia, half a drachm; spearmint water, five ounces and a half; compound tincture of cardamoms, half an ounce:—mix, and take three table-spoonfuls, two or three times a day.

Costiveness must be particularly guarded against; for which purpose a mild purgative may be taken. If possible,

* On nervous affections, Mr. Abernethy observes, "I do not believe any one system in particular is affected, but that every system of the part suffers; for when the nerves are affected locally, it most frequently depends on general disturbance of the whole nervous systems."—"We often hear (says Dr. Clutterbuck) of nervous head-ach and nervous irritation; now as far as any thing intelligible can be collected from them, they seem to be intended to signify that such affections are different from inflammation."

the patient should quit the crowded city for the advantage of rural scenery and the breathing of a pure atmosphere. The diet ought to be nourishing and easy of digestion, and every thing relaxing should be rejected. "Indeed, (remarks Dr. Armstrong,) general nervousness is best removed by exercise in the open air, the use of a tepid shower bath, by a light nutritious diet, a very moderate allowance of wine, and the occasional exhibition of a gentle purgative."

NIGHT-MARE.

This is evidently a nervous affection, which comes on during sleep, with a severe pressure on the chest. The sensation is frequently preceded by some dreadful dream, the person making many efforts to speak and move without effect, until, after much moaning, he awakes greatly frightened, and feels a considerable palpitation at the heart, with tremors, anxiety, and lassitude. Persons of an irritable disposition, and of a weakly constitution, are the most frequent subjects of this affection; but it often arises from fatigue of body or mind, indigestible food, and long continued disorder of the stomach and bowels. It is sometimes occasioned by a heavy supper.

Treatment.—The treatment is similar to that just directed for "Nervousness." Meat suppers must be particularly avoided.

PALPITATION OF THE HEART.

THE causes of this disease are various, and amongst others, may be reckoned—violent emotions of the mind; large evacuations of any kind taking place suddenly; getting suddenly into the erect posture, after the body has been long recumbent; abstraction of the usual stimulus of food and drink; and several others, which cannot be always satisfactorily ascertained.—The symptoms are obvious, and easily understood: failure of pulse,

paleness, and coldness of the body, a death-like countenance, and total insensibility. So violent is the action of the heart, at times, that it can not only be felt with the hand, but distinctly seen, and may even be heard.

Treatment.—The immediate danger of palpitation, is best obviated by placing the patient in an horizontal posture, as most favourable to the passage of blood towards the head; for in this posture, the slightest degree of action in the heart will afford the necessary supply of blood to the brain, to enable it to resume its functions. But, as the treatment of this disease depends entirely on the cause which gave rise to it, and as that is frequently attended with great difficulty, even to the most experienced, early application should be made to a physician.

PALSY.

THIS disease may be considered under three divisions; first, as arising from an affection of the brain; secondly, from an affection of the spinal cord; and thirdly, from an affection of some particular nerve. It may arise in consequence of an apoplectic attack; and may be occasioned by every thing that prevents the flow of the nervous power from the brain into the organs of motion. Corpulence, an inordinate indulgence in wines and heavy fermented liquors,* excessive heat, bruises, poisonous fumes from minerals, &c. are among the causes predisposing to this disease. Palsy usually comes on with a sudden and immediate loss of motion and sensibility of the parts; but, in some instances, it is preceded by numbness and a sense of coldness, and at other times, by slight convulsive twitches. When the head is much affected, the eye and mouth are

drawn on one side, the memory and judgment are impaired, and the speech is indistinct and incoherent. The progress of the disease is very uncertain; if there be no chronic debility, or diseased condition of the brain, the patient will frequently recover in a week; but if the system be in an infirm state, he recovers only imperfectly. The bowels are at first always costive; but, ultimately, the motions pass off involuntarily.

Treatment.—The treatment for this disease will greatly depend on the age and constitution of the patient. If the subject be young, the constitution full, the disease comes on suddenly, and the head appear to be much affected, bleeding and purging are advisable. From fourteen to sixteen ounces of blood should be taken; and the following purgative administered, so as to act freely on the bowels:—

Take of compound infusion of senna, an ounce and a half; cinnamon water, two drachms; manna, a drachm; Epsom salt, one or two drachms:—mix.

After which, the patient should be kept as quiet as possible; and but little plain food taken. In old age, bleeding should not be practised; but the purgative already prescribed may be taken and repeated once or twice a day, for four or five days. In some cases, warm bathing, fomentations, or blisters, will prove beneficial; and others have been cured or greatly benefited by the use of electricity or galvanism. Dr. Fouquier and other French Physicians, recommend the use of *nux vomica*: four grains may be taken three or four times a day. Dr. Alderson has employed leopard's-bane with success; he began with half a grain of the powdered leaves three times a day, and gradually increased to five or six grains, or till he found a sense of tingling produced in the paralytic part: the *nux vomica* and leopard's-bane are both active medicines, and should be used with great caution. Some prac-

*Dr. Armstrong observes that "Paralytic affections from the brain, are far more common among those who take wine and ardent spirits, than among those who drink nothing but water; but I admit that mental excitement is connected with many other remote causes."

tioners recommend, as an effectual remedy, a large issue to be made as near as possible to the diseased part, and to be kept open for a great length of time ; but Dr. Armstrong says, “ a recumbent posture, a fresh atmosphere, a regulated diet, and an occasional gentle purgative, with perfect cleanliness, are the most efficacious measures. The value of these are indisputable.”* Bathing in the Bath and Buxton springs is very advisable.

THE SHAKING PALSY is a permanent agitation of the head or limbs without any exertion of the will ; and most frequently arises from damp vapour, chronic rheumatism, and the indulgence in spiritous liquors. The remote cause is frequently involved in obscurity ; but any thing that debilitates the nervous power may prove a cause, as the daily exhalation of metallic and other injurious effluvia.—The precise period of the commencement of this disease is seldom recollected by the patient, the approach being so imperceptible ; but as the malady advances, the limbs become less capable of performing their office. If the tremulous agitation be suspended in one limb by a sudden change of posture, it will soon make its appearance in another. In the advanced stage of this affection, the trunk of the body is permanently bowed, the mastication and swallowing become difficult, and the saliva constantly dribbles from the mouth. Frequently, during sleep, the patient is awakened in much agitation

* Dr. A. also remarks that “Partial palsy does not always depend upon a mere local affection of a nerve, but is more often connected with the brain. The history, should therefore, be minutely investigated, so that the cause, might, if possible, be correctly ascertained, and a correspondent treatment pursued. No folly is greater than that of supposing the same name always implies the same conditions ; for the symptoms on which that name is founded might be similar, yet the condition on which that symptom depends, might have a different seat and character.”

and alarm, by the tremulous motion of his limbs.

Treatment.—Any thing which will tend to give a healthy state and action of the spinal marrow will be serviceable in shaking palsy. All may be said to depend upon the patient. The most perfect cleanliness must be observed ; the patient must lie in bed, or rest in the recumbent posture ; he must breathe a pure atmosphere ; his diet be strictly regulated ; and an occasional alterative and purgative should be administered : this will generally be found to be the most useful treatment.* The Bath and Buxton waters are usually attended with beneficial results ; and the skilful application of galvanism is recommended by some practitioners.

PLEURISY.

THE causes of pleurisy are any of the common causes of inflammation. The disease is very simple, and easily recognised by its symptoms ; *viz.* pain, more or less acute, in the side affected, and which may be felt higher or lower, forwards or backwards, according to the particular seat of the inflammation. There is, in most cases, a short and frequent cough ; at first dry, afterwards attended with a discharge of mucus, often dotted or streaked with blood : the cough, however, is not an essential symptom ; and when it does occur, it must be attributed to inflammation. If the disease be going on favourably, and is attended with cough, the expectoration becomes more copious and easy, with a gradual abatement of the pain. Many cases terminate in health, without the aid of medicine ; but the disease may terminate fatally by the mere violence of the inflammation.

Treatment.—The treatment is also very simple, being merely the common remedies used in inflammation. In the

* This treatment is generally advised by Dr. Armstrong.

commencement, blood-letting is indispensable; and in strong subjects, it must be used to a great extent. Blistering and emetics may be serviceable. If, after bleeding to the requisite extent, the disease should still continue obstinate, the same mode of treatment as is prescribed for "Inflammation of the Lungs" must be adopted.

PULMONARY CONSUMPTION.*

A DISORGANIZED state of the lungs, the result of chronic or slow-acting inflammation, is an accurate definition of this disease. It may be brought on by all the causes of inflammation, though it frequently arises imperceptibly, or without being noticed. Exposure to cold, injury of the lungs, and irritating matters inhaled in breathing, are among the most frequent causes. It also follows various other diseases,—common inflammation of the lungs, not wholly subdued; neglected catarrh; or any other disease attended with fever action. Much depends upon predisposition, which appears to be induced by a variety of circumstances. Consumption is very frequent in cold and variable climates,† while it is comparatively rare in those of an opposite nature. It is more frequent between the ages of fifteen and thirty-five, than either before or after. The disease is evidently hereditary in many families, and is affected by a long neck, prominent shoulders, narrow chest, and long, slender fingers; but, the tall and thin, narrow-chested, and the deformed, are the most common subjects: a great number of such persons exhibit marks of serofula in their habit, or have done so at a former period. The disease may also arise from the nature of employment; viz. the dust to which needle-pointers, stone-

cutters, millers, &c. are exposed; over action in speaking or singing; playing on wind instruments, excessive debauchery, &c. and from continuing to suckle too long under a debilitated state. The symptoms are so numerous and various, as to acquire arrangement.* They may be best divided into the essential and accidental; the essential may be divided into the local and general. One of the local symptoms is pain in the chest, which is generally confined to one side: the pain is considerable, though liable to vary greatly from time to time; it is often acute, though seldom for more than a few hours, or, at most, for a day or two. In some cases, there is no pain felt throughout the whole course of the disease; or it is so little, that the patient (from a propensity to conceal, even from himself, his real situation) will scarcely acknowledge it. Difficulty of breathing is another of the local symptoms, and which is very generally present: the breathing is commonly short and frequent. Coughing is a third symptom, which (although sound) is sometimes short and ineffective. The patient suffers less pain, coughs less, and breathes more freely when lying on one side, than when on the other. The fever symptoms which, at first, are pretty constant, gradually assume a remittent form: there is chilliness about noon; and this, in an hour or two, is succeeded by a dry and hot skin, especially felt in the palms of the hands and soles of the feet, and the cheeks become flushed in circumscribed patches. The pulse is quick and small; the patient is restless during the early part of the night; and when he falls asleep, profuse sweating breaks out and

* We are indebted to the learned Dr. Clut-terbuck for the classification of this disease; as also for much valuable information relative to the disorder.

† For the explanation of "anasarca," see the article "Dropsy."

* Vulgarly termed "Decline."

† It has been pretty accurately calculated that the victims to this disease in Great Britain, exceed fifty-five thousand annually.

continues till morning. The heat of the body now declines, the pulse becomes less frequent and softer, and the patient continues tolerably comfortable during the early part of the day, except that he is feeble and dejected: the symptoms are again renewed about the same period, and follow a similar course. Sometimes, the fever paroxysm is unusually severe on one day, and much slighter the next; and so on, on the alternate days, giving the disease a tertian form. The tongue is often much furred; the urine is highly-coloured, and copiously deposits a branny sediment, and its surface is covered with an oily film. Under these symptoms, the strength declines, and the body gradually wastes, till the highest degree of emaciation takes place. The eyes become affected, the nails are incurvated, and the hair falls off. Diarrhœa now takes place; during which, the night-sweats abate, but increase again as the diarrhœa ceases. Among the last symptoms may be mentioned, swelling of the ankles towards the night, and sometimes a more general state of *anasarca*.* Boils, also, are apt to appear on the skin, in the latter stage of the disease.—The organs which supply the body with nourishment, as well as many others, often perform their functions well; the appetite, digestion, &c. remaining good to the last: this contributes greatly to the prolongation of the disease. The febrile symptoms differ in different cases. In old people, the general system suffers comparatively little; and in those, the disease is always long protracted; so that they may die of some other disease accidentally arising. In infants, the fever symptoms run high, and the disease is rapid in its progress; the duration, therefore, may be pretty accurately judged of by the degree of fever which attends it. When it arises

* For the explanation of "*anasarca*," see the article "Dropsy."

in persons of naturally a slow pulse, it is less rapid in its course, because the attending fever is less. Spitting of blood only occurs accidentally or occasionally, and may take place in different degrees, so as even to endanger life, either by the quantity of blood lost, or by inducing suffocation. Either of these, however, is very rare; and, in general, the discharge appears to give relief. In some cases, no blood at all is expectorated from first to last; and in many instances the voice is lost or weakened, and more or less of hoarseness generally attends. Vomiting takes place in many patients, and that after almost every meal.—The duration of this disease is very uncertain: it may run its course, and prove fatal, in six or eight weeks, as in infants; or it may be protracted for years, as in old subjects, who are otherwise in tolerably good health: it depends much upon the power of taking and digesting food.—Pulmonary disease is sometimes suspended by other diseases; this has been known to take place, in a remarkable degree, from the occurrence of the itch. Pregnancy, likewise, has this effect. The approach of summer is often attended with a favourable change of symptom; but, in a very advanced stage of the disease, hot weather appears to hasten the fatal event. In females, at a certain period of the disease, the menses cease to flow: this merely arises from the exhausted state of the system; therefore, medicines can have no effect in restoring the discharge, though they may do considerable injury.—Many of the faculty consider this disease as contagious; but, by far the greater number are of a contrary opinion.

Treatment.—However unsatisfactory the treatment of pulmonary consumption is, in a general way, it is still not to be neglected; for, in a few instances, under even unfavourable circumstances, (especially in an early stage,) the dis-

ease may be effectually removed; and where all hope of cure is at an end, yet much may be done in the way of palliation.—In the early stage, (unless in habits otherwise much debilitated,) it is right to bleed repeatedly to a small extent; *viz.* from three to six ounces at a time, according to the strength of the patient, at intervals of a few days; using at the same time, small quantities of foxglove, to reduce the frequency of the pulse, so as to bring it, if possible, rather below the healthy standard, where it should be kept. By these means, the pain in the chest is commonly relieved; the fever symptoms, together with the night sweats, are diminished, and sometimes removed; the sleep becomes refreshing, and the appetite is restored; a general feeling of health and strength follows; and, in a few instances, health is recovered. Even where it fails to cure, it almost invariably mitigates the sufferings, and checks the progress of the disease. It is a peculiar advantage of this mode of treatment, that it allows of the patient taking solid animal food, without quickening the pulse, or aggravating any of the symptoms, which is rarely the case under any other treatment. Blistering, or any other means to relieve irritation, may be occasionally of service, and the permanent use of them, may even do good; but, on many occasions, they are injurious, from the general irritation of system they occasion. This simple plan of treatment, (as far as medicine is concerned,) is all that is essential, or can be useful. Very many “remedies” are, however, in use, and have been recommended from time to time, and among which, may be reckoned, the tar vapour; but, experience always proves their insufficiency. When all hope is abandoned of cure, it is still necessary to palliate particular symptoms. The cough, at times, is so severe, as to call for opium to relieve it; but, generally, opium

does injury by checking expectoration, and aggravating the fever symptoms, while it cannot remove the cough. The following has been found serviceable in a number of cases; therefore, can be tried with perfect safety:—

Take of almond mixture, eight ounces; oxymel of squills, half an ounce; camphorated tincture, of opium, two drachms and a half; tincture of foxglove, twenty-five drops:—mix, and a spoonful may be taken, when the cough is troublesome.

In an advanced stage of the disease, when the pain in the chest is unusually severe, either general or local bleeding, to a small extent, may be usefully employed. The night-sweats are sometimes abated by diluted sulphuric acid, though at the hazard of inducing diarrhœa, which is one of the most distressing symptoms, and requires for its relief, the following:—

Take of tormentil root, in powder, half a drachm; ipecacuanha, in powder, a grain:—mix. This may be repeated every three or four hours, or after every liquid stool.

The extreme restlessness experienced towards the close of the disease, makes the use of half a grain to a grain of opium almost indispensable.—More is to be expected from change of climate than from the use of medicine. To give the disease a fair chance of success, the removal to a warm climate should take place early, and the residence continued for two or three years; for to attempt it when the malady is far advanced, is only to consign the patient to incalculable suffering and privation. As a substitute for change of climate, a removal from a bleak and exposed situation, to one that is sheltered, is often of considerable advantage. It has been asserted, that consumption occurs less frequently in low and marshy places, than in elevated regions: this may influence in the choice of situation; but there are many exceptions; as some cases do better in town

than in the country, and some in hilly countries, than in valleys. A sea voyage, of itself, has been sometimes of great advantage. As much exercise as possible, short of fatigue, should be taken. Dr. Armstrong considers that this disease might frequently be prevented by maintaining the general strength through a nutritious diet and other regimenal points, and by giving tone to the surface of the body, first by tepid and next by cool sponging or ablution of the body. In this variable climate, he strongly recommends the use of thin flannel, even in the summer, and of fleecy hosiery, in the winter and spring, next the surface, where the least suspicion of pulmonary consumption exists. When consumption is threatened, he believes, from extensive experience, that the affection may be frequently arrested by rest in the recumbent posture, a regulated temperature, a milk and farinaceous diet, and an occasional purgative.

RHEUMATISM.

THIS disease divides itself into two forms, the *acute* and the *chronic*. In its simplest form, it is marked by few and unimportant symptoms, and without any derangement of the general health. On some occasions, however, it gives rise to great disorder, being attended with a high degree of symptomatic fever,* and that in a higher degree than in perhaps any other disease. The general exciting causes of rheumatism, in all its forms, is exposure to cold or damp; "in fact," (says Dr. Clutterbuck,) "we have no certain knowledge of any others." The acute rheumatism mostly affects the young and vigorous; and those between the age of puberty and thirty-five. In some cases it is constitutional, and even hereditary; and when this exists, the disease is produced by

the slightest cold. It usually commences with a sense of coldness, thirst, fever, restlessness, and costiveness. The joint becomes stiff, and gives pain upon motion; and towards evening, the pain and fever increase, particularly when the patient is warm in bed: the pain is frequently transitory, and apt to shift from joint to joint. Sometimes there is considerable swelling, with redness of the skin; the urine is highly-coloured; and profuse sweating, which seldom affords relief. Many slight cases continue only a few days, and go off like a common cold; others are protracted for months, or even years, when, of course, the term *chronic* strictly applies. The pains, for the most part, are the last symptoms which leave the patient; these may begin to abate about the eighth or tenth day; but, as was said before, the time may be greatly lengthened. The disorder is most frequent in the spring, and especially when long easterly winds prevail; and in a great proportion of instances, it goes off entirely without injury to the constitution, although it may have continued for a lengthened period. It is liable to be confounded with the gout; but acute rheumatism is so strongly marked by an increase of fever and other symptoms at night, as to be scarcely possible to be mistaken.

Treatment.—Slight and recent rheumatic affections either subside of themselves, or require only the treatment of a common cold: as a moderate degree of abstinence, or the administering of a gentle sweat. In the treatment of acute rheumatism, the chief object to be attained is, to obviate the general inflammatory symptoms. In the commencement of the disease, if the patient be strong, and the fever considerable, he must be bled from the arm to the extent of sixteen ounces, which may be repeated every day, to the second, third, or fourth time. Where the inflammation is chiefly in one part, and the pain not vio-

* Erroneously termed the "Rheumatic Gout;" but which is only acute rheumatism, attended by inflammation.

lent, with little fever, and the patient is of a weak and irritable constitution, several leeches may be applied to the affected part, in preference to bleeding; and if leeches cannot be procured, cupping may be employed. Blood-letting is generally improper after the fourth or fifth day. After the bleeding, a mild purge should be taken, and continued every morning for six or seven times:

Take of compound infusion of senna, an ounce and a half; cinnamon water, two drachms; manna, a drachm; Epsom salt, two drachms:—mix.

During the day, one of the following pills must be taken three times:

Take of compound powder of ipecacuanha, twenty-four grains; conserve of hips, a sufficient quantity to form into six pills.*

External remedies to the swollen and inflamed parts, are either of little use, or at best equivocal, and sometimes positively injurious. The same may be said of blisters and stimulating applications in general. "Indeed, (says Dr. Clutterbuck,) the disposition to the disease appears to be most effectually overcome by the continuance of the inflammatory action for a time; therefore, whatever means are used for taking the inflammation quickly off, do but increase the chances of a relapse, for the disposition is still left behind." Dr. C. objects to the practice of applying cloths wetted in cold water to the inflamed part, as he considers it to be attended with danger; "for (continues this eminent physician) I do not hold it to be justifiable to employ means of cure from which even occasional danger is to be apprehended, in the treatment of a disease that in itself is not of a fatal tendency."—The diet should be spare; and the temperature of the patient's apartment kept as uniform as possible.

CHRONIC RHEUMATISM.—Where the constitution is disposed to this disease,

violent strains and spasms, and the same causes as the acute species, will give rise to the chronic rheumatism. Every large joint is liable to the affection; but the knee, hip, loins, and ankles, are the most frequent. The pain is not violent but constant; and is increased by warmth and motion at first, but grows easier after a time. The limbs become stiff, and the muscles waste; and, in some instances, the hands become useless, from the enlargement of the joints and their subsequent contraction.

Treatment.—Bleeding and purging are highly improper in the chronic affection; although, if there be heat or swelling at the part, leeches or cupping will be of service. The following pill may be given three or four times a day:—

Take of ipecacuanha powder, four grains; a quarter of a grain of aloes, and a little extract of gentian.

The affected parts must be rubbed with the following, and afterwards wrapped up in flannel:—

Take of strong liniment of ammonia, an ounce and a half; oil of turpentine, half an ounce.

It must be rubbed in frequently, by the patient, with active friction. In addition to the above means, the warm bath should be used every other morning, and electricity moderately applied. If the disease be of an obstinate character, instead of the pill above prescribed, two table-spoonfuls of the following mixture may be taken every four hours:—

Take of oil of turpentine, three drachms; sufficient of the yolk of an egg to mix it; then add, compound spirit of juniper, two ounces; decoction of bark, eight ounces.

Or, half an ounce of the oil of turpentine, mixed with an equal quantity of the spirit of sweet nitre, of which a tea-spoonful may be taken three times a day. When the bowels are disordered, the patient will be troubled with flying or fixed chronic pains, attended by stiffness; to remove which, the following may be taken:—

* Conserve of Roses may be substituted in all cases where the conserve of Hips is used in this work.

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, a scruple; Castile soap, ten grains; oil of juniper, five drops. Beat into a mass, and divide into twelve pills. One at bed-time is generally sufficient.

Once or twice a week, the vapour-bath may be used; and sometimes blisters are employed with good effect. The Bath and Buxton warm waters are confidently recommended for this complaint. By promoting a free perspiration, it greatly relieves the pain; and by rubbing near the seat of the pain with an ointment, composed of a drachm of tartar emetic, and an ounce of hog's-lard, it will bring out a crop of pustules, and relief be also gained. Acupuncturation has been recommended in this disease; but this should not be done where there is the least inflammation prevailing at the affected part: the operation consists in making a small puncture with a long needle, in or near the part affected.—The diet should be generous and stimulating, but small in quantity; the clothing warm; and the patient must exercise either the whole of the body, or the affected limb. The dumb-bells and flesh-brush may be used with advantage. "More benefit (says Dr. Clutterbuck) is to be expected from a residence in a warm climate, than can be possibly gained by the use of medicine or any particular regimen."

LUMBAGO is rheumatism of the loins. Its causes and general treatment have just been mentioned. The Buxton waters are generally considered to be very beneficial in this affection, as they will not interfere with the effects of any other medicine: we recommend three or four grains of the compound powder of ipecacuanha to be made into a pill, and taken occasionally.

RUPTURE.

THE chief exciting cause of rupture is from great bodily exertion; such as lifting and carrying heavy weights, vomiting, straining at stool, playing on wind in-

struments, &c. It is most frequently on the right side of the body; and is sometimes situate in the thigh, and sometimes in the groin. According to Sir A. Cooper, London is favourable to the production of this complaint from the bad state of the atmosphere, and the relaxation of body produced by it; and he considers that the proportion of persons affected with rupture, is about one in fifteen.* The swelling often originates suddenly, and is subject to a change of size, being smaller when the patient lies on his back, or holds his breath: the size often increases after a meal. The symptoms are—a tumour in or near the groin, attended with pain, sickness, and suppression of stools.

Treatment.—"With respect to the treatment of this complaint, (says Sir A. Cooper,) it is only necessary to say, that a person who has a rupture, and does not wear a truss, is never for a moment safe; and the danger is greater in proportion to the smallness of its size. The common truss is a very good one, and is perhaps a little too much despised because it is old. I do not know whether I might not have a little affection for this kind of truss, for to say the truth, when I was about sixteen or seventeen years of age, I discovered that I was myself the subject of this complaint. I wore a truss for about three years, at the expiration of that time I had not the slightest appearance of rupture. I would not, however, leave the truss off, but I continued to wear it, two years longer, and from that time to the present moment I have never had the least appearance of the complaint. This circumstance may have given me a greater inclination to attend to this disease, and to investigate all the facts connected with it. I am aware that some persons say, it is of no consequence whether the patient wears a truss or not, when he is in

* "Surgical Lectures," by Sir A. Cooper.

a recumbent posture, but I do not agree in this opinion; for if he cough in the night, or get out of bed, the rupture is liable to descend, and should this happen, (though he may have worn a truss steadily for twelve months before,) he must begin to date his cure from the last time the rupture descended. A young person is generally cured at the end of two years, and it will be advisable that he should continue to wear a truss for three years: if the person be not young, there is not much hope of effecting the cure by wearing a truss." This treatment only applies to those ruptures termed "reducible."

Treatment of irreducible rupture.—"With regard to the treatment of irreducible rupture, (continues Sir A. Cooper,) the patient must be advised to wear a simple suspensory bandage, without which he would be exposed to considerable danger, from the possibility of the tumour bursting, if he should receive a blow on the part. There is no doubt that a patient may find considerable relief by abstinence in diet, by placing himself in the recumbent position, and applying ice* to the part regularly every day; by this means a reduction of its bulk, though very gradually, will generally take place. If the patient feel any pain, it will not be advisable for him to wear a truss; or, if he should wear a truss, the spring ought to be very slight, so as to occasion no pain; otherwise, there will be danger of strangulation."

STRANGULATED RUPTURE.—In the symptoms which accompany strangulated hernia, the patient complains of pain all over the belly, attended with vomiting and costiveness. After a time, the vomiting becomes more frequent, and

feculent matter is ejected from the stomach.

Treatment.—The least delay in this case is most frequently attended with fatal consequences; the most prompt assistance should be obtained of a skillful surgeon. "What I would do, (observes Sir A. Cooper,) if I were troubled with this complaint, would be this; I would have the taxis* employed steadily for ten or fifteen minutes; if this did not succeed, I would be bled to faintness, and then have the reduction attempted again by the hand; if this also proved unsuccessful, I would have a tobacco injection, and wait a short time, and then, if necessary, have an operation performed. It is the most egregious ignorance possible, to delay the operation so long as is often done, thereby wasting the precious moments, which, if properly used, might have been spent in saving the life of the patient."

ST. ANTHONY'S FIRE. (ERYSIPELAS.)

THIS is an inflammatory cutaneous eruption, attended by a redness, which disappears and leaves a white spot for a short time after being touched with the end of the finger. The chief causes of erysipelas are—exposure to the heat of the sun or fire; cold or damp; the abuse of fermented and strong liquors; wounds, fractures, and contusions; and whatever renders the body irritable. The disease is far more frequent in spring and autumn; and is considered by the most eminent of the faculty† to originate in disorders of the digestive organs. It is marked by a very hot skin; a full and hard, or a contracted and hard pulse;

* The "taxis" means a particular kind of gentle pressure on the tumour with the fingers, by which the surgeon endeavours to return the parts into the abdomen.

† "I'll be hanged if erysipelas is not always the result of a disordered state of the digestive organs; but how to put it to rights, I do not know."—Mr. Abernethy.

* "As ice cannot always be procured, a table spoonful of nitrate of potash and muriate of ammonia must be mixed together in a pint of water, which will produce a degree of cold equal to three degrees below the freezing point." Sir A. Cooper.

and a moist tongue. It either appears upon the face or extremities; and is sometimes attended (in its origin or course) by some interal inflammation. In mild cases, the eruption either gradually disappears, or is carried off in a day or two by a spontaneous sweating. When the disease attacks the face and head, a red spot appears on some part of the face, (of a great extent,) which sometimes spreads until it covers not only the face, but the scalp also. Erysipelas is generally preceded by the usual fever symptoms.

Treatment.—In slight cases, an emetic should be given immediately, in order that the contents of the stomach may be unloaded, and if possible, to prevent inflammation from advancing,—

Take of emetic tartar, one grain; powder of ipecacuanha, fifteen grains; common water, an ounce and a half:—mix.

After this has operated, the following purgative should be administered, and (if the bowels require it) repeated every morning:—

Take of compound infusion of senna, an ounce and a half; cinnamon water, two drachms; manna, a drachm; Epsom salts, one or two drachms.

When the inflammation is severe, about fourteen ounces of blood may be taken from the arm. Active measures should be resorted to with the greatest circumspection; “for, though active evacuations are frequently required, still caution is necessary. The wine and bark system, I strongly reprobate; and, in its stead, recommend mild evacuations from the bowels, a simple diet, and a pure atmosphere; without which, no means will be generally efficacious. As one species of this disease arises in the course of genuine typhus fever, it may be easily cured when combined with the remittent typhus, by the use of sulphate of quinine;*” but where it occurs with the continued form, bark is extremely prejudicial. I have no faith in

any local application in erysipelas; I have abandoned them all, except the use of a little arrow-root, dusted gently over the part, or the application of a blister to the nape of the neck, which I have frequently seen arrest erysipelas of the face.”* It appears, however, from the following case, mentioned by Sir Astley Cooper, that where the patient has indulged in spirituous liquors, it may be necessary to allow him the use of a little of his favorite. “A man, (says this distinguished surgeon,) who had weakened his constitution by the excessive use of ardent spirits, had erysipelas dreadfully severe: his head was swollen to an enormous size, and every person thought his recovery impossible. It was discovered one day, that his wife brought him some gin. He declared that he was better from his having drunk it; he was permitted to continue it; and, to the astonishment of all, he rapidly got well.”†

Another species of erysipelatous inflammation, which most usually attacks the trunk of the body, is that vulgarly known by the name of “SHINGLES,” being a corruption of the French word *ceinture*, a belt. This species consists of a number of pustules, which spread round the body like a girdle. It arises from the same causes as those already mentioned, and requires the same mode of treatment.

SCROFULA, OR KING'S EVIL.

“This appellation” (says Sir Astley Cooper) “is a miserable title for the diseases which it is intended to represent: it is given to a class of diseases springing from debility.” Scrofula consists in hard indolent tumours of certain parts of the body, but particularly in the neck, behind the ears, and under the chin; which, after a time, suppurate, and de-

* “Principles and Practice of Physic,” by Dr. Armstrong.

† “Lectures on Surgery,” by Sir A. Cooper.

* See the article “Typhus Fever.”

generate into ulcers. The suppuration is not of the common kind; it contains curd-like matter, and is not truly purulent. "In scrofula" (continues Sir A. Cooper,) "the weakness exists from birth; it is congenital or original debility. The character of a scrofulous child is as follows: you will find the skin thin, if you pinch it; which is quite different from the skin in children who are not scrofulous; and it is on this account, that persons with this disease frequently have a rosy colour, arising from the thinness of the skin, which allows the vessels to be seen under it. The hair is light and extremely fine; the eye-lashes are long, and the fingers are very long and thin, but at the extremities are broad and flat. The upper lip is of considerable thinness, and this is a mark of debility. The glands and joints are most frequently attacked; but sometimes the brain, the eyes, and the lungs, are affected. Scrofula differs in different constitutions; it may be of an indolent or irritable kind; but it is more frequently of the first than the second. That scrofula is an hereditary disease, appears as clear to me as can be, and those who deny it, deny the evidence of their senses. The exciting causes of this disease are whatever tend to increase debility; such as the measles, scarlet fever, and small-pox. Scrofula is considerably influenced by climate, particularly those climates in which the change from cold to heat, and heat to moisture, are most frequent. The vicissitudes of temperature are so frequent, that a man is never clothed so as to meet them, and the body is consequently exposed to these sudden changes. If a patient be examined in the spring, and he have a gland that is inflamed, the complaint will go on during the spring till the summer months, when it will be arrested, and the health greatly improved: in this state, the patient will remain till October or November, and then become

worse. In the summer, the symptoms disappear, in autumn they return; and continue to the winter, when they become again suspended."

Treatment.—The principles on which the treatment of scrofula are founded are, —to make better blood; to strengthen the solids, and to give vigorous action to the circulation: to one or all of these principles every mode of treatment should be referred. Now, the first object is to make better blood, and without this nothing else will be of avail. "I cannot sufficiently deprecate the system of taking vegetable food in scrofulous diseases, and proscribing animal food, which is most nutritious and easy of digestion. Vegetable food should not be given to children labouring under scrofula, as it leads to an aggravation of the complaint; but meat should be allowed, prepared so that the stimulus of the gastric juice, which is weak, may be able to act upon it. The stomach ought never to be overloaded, because then the powers of digestion are impaired; therefore, I advise, that the patient should breakfast between eight and nine, and take an egg or a little meat with his meal. He should have a sandwich about twelve or one o'clock, and meat with his dinner at three; some good beer or a glass of wine should be allowed. It is well known that in these complaints the stomach is not supplied with a sufficient quantity of juice, to dissolve the food; hence it is necessary to give some stimulus: rest appears to be conducive to the performance of the digestive process. Animal food should be given in larger quantities to persons with scrofula than to those in a state of health, although the latter do not require the same aid to assist digestion. In scrofulous children I do not like the stomach to be loaded with milk at breakfast, which considerably impairs the digestive powers; therefore, I generally order a little meat, or an egg, as a substitute. Children with scrofulous affections, or even those

predisposed to them, should take a great deal of exercise in the open air ; more, however, in the way of play than as a task. At schools, in general, too little exercise is taken by the scholars. Exercise should not be taken so as to fatigue the body ; but when children feel themselves weary, they should rest a little till they recover. Boys will take exercise, and thus are less liable to this complaint ; whilst girls are not allowed to exercise themselves, and (if predisposed) are almost always attacked. Without good air, all other means are of no use. Moist and cold weather is the worst. Those who live in marshy climates are subject to the worst form of scrofulous complaints. The state of the atmosphere to be chosen, is that in which the air is dry and warm : a very bleak wind is not desirable. The sea air is generally preferred ; and when the children are near the sea side, they should be allowed to play on the beach the greater part of the day. It is a mistake to suppose that the air of the coast in the wet and cold seasons is of any advantage to scrofulous children ; it is only in warm and dry weather that any benefit will be obtained. Air, exercise, and nourishment, are the three great points to be kept in view in the treatment of scrofulous affections. And what (it may be said) nothing about medicine ? I say, it may be laid down as a maxim, that there is no specific for the cure of scrofula ; and he who says there is, attempts to gull mankind by the assertion of what is not true. Medicines occasionally given, with a view to improve the digestive powers and regulate the secretions, are good ; but attention to the three points I have just mentioned are of primary importance. In order to restore the secretions, you may give once a week, or every ten days, two grains of calomel and eight of rhubarb ; or, you may give daily, for a short time, two grains of rhubarb and

from three to five of the carbonate of iron ; another good tonic consists of two grains of rhubarb and from four to six grains of dried sub-carbonate of soda, with ten grains of columba, which may be taken mixed with sugar ; a form that seldom disagrees with the patient. These means will greatly assist the digestion. Children should be well clothed, and never exposed to the changes of temperature ; for this purpose, they should wear flannel next the skin : if the weather be very warm, calico may be substituted for flannel. Sea-bathing is necessary, and the bath should be used about three times a week, at eleven in the morning. The temperature of the bath ought to be at ninety-four degrees ; and the patient should remain from sixteen to twenty minutes in it, and walk afterwards.* The following has been used for a considerable period at Guy's Hospital :—

Take of solution of oxymuriate of quicksilver, one grain ; tincture of bark, two ounces. Take a teaspoonful twice a day, in a glass of camomile infusion. If the bowels be costive, tincture of rhubarb should be substituted for the tincture of bark.

Dr. Baillie states, in his posthumous writings, that in scrofulous swellings he had experienced good effects from sarsaparilla and soda, with some preparation of steel ; but more powerful effects were derived from sea-air and sea-bathing.

SCURVY.

THE scurvy is a disease of a putrid nature ; and most frequently arises from an impoverished state of the blood. A diet of salt provisions, with a deficiency of vegetables, want of exercise ; cold united with moisture ; and neglect of cleanliness ; are common causes of this disorder. In some cases, it may be excited from a poor diet and want of cleanliness and exercise, when salted provi-

* "Lectures on Surgery," by Sir. A. Cooper.

sion has formed no part of the person's food. The complaint comes on gradually, with heaviness, weariness, and unwillingness to move about; together with dejection of spirits and debility. In a short time, the countenance becomes sallow and bloated, respiration is hurried on the least motion, the teeth become loose, the gums are spongy, the breath is offensive, livid spots appear on the skin, and old ulcers often break out again: sometimes, severe wandering pains are felt, particularly in the night. The skin is generally smooth and shining; the urine small in quantity, and very offensive; the pulse feeble; and the joints very weak. In the worst stage, blood is frequently discharged from different parts; fetid evacuations by stool; and the slightest motion brings on faintness, and sometimes immediate death.—It must be remembered, that the cutaneous eruption so commonly called scurvy by uninformed persons, is of a very different nature, being simply some foulness of the skin depending upon internal disorder: the treatment for which has been already mentioned.*

Treatment.—Every attempt must be made to restore vigour to the system. The patient should observe great cleanliness, and resort to a dry free air. The effects of the disease may be palliated by a diet of fresh provisions; fermented liquors, as ale, cider, and spruce-beer; and such vegetables, as scurvy-grass, water-cress, horse-radish, carrots, turnips, cauliflowers, brook-lime, garlic, &c.; to these may be added, a free use of ripe fruits, such as oranges, shaddocks, or the juice of limes; but lemon-juice is of the greatest service. Captain Cook thought very highly of malt sweet-wort. If these be employed in the early stage of the disease, the patient will generally gain great relief. When the prostration of strength is considerable, the least ex-

ertion must be forbidden: for in such cases, a strong current of air is sufficient from its pressure and stimulus, to destroy the small degree of vitality remaining. For the relief of acute pain, three or four grains of compound powder of ipecacuanha may be made into a pill with conserve of roses, and taken three times a day. Contractions of the hams and calves of the legs are to be relieved by fomenting the parts with warm vinegar and water; ulceration of the gums may be obviated by washing the mouth frequently with the following:—

Take of decoction of bark, six ounces;
tincture of myrrh, one ounce and a
half; muriatic acid, fifteen drops.

The foul ulcers are to be cleansed and healed by washing them with lemon juice, or touching them with tincture of myrrh. A warm poultice may be applied occasionally, at night. Costiveness may be prevented by dissolving a little cream of tartar in a decoction of tamarinds and prunes; a small portion of which will be sufficient to keep the bowels free.

SPITTING OF BLOOD.

THIS disease seldom proves fatal; but it is deserving of attention on account of the alarm which it occasions. It may take place from the rupture of a blood vessel, during the violence of coughing; or it may arise from the lungs, fulness of habit, violent exercise, suppression of the menstrual discharge, blowing of wind instruments, excessive drinking, &c. This affection is often preceded by chilliness, weariness of the limbs, costiveness, full pulse, pain and difficulty of breathing, and other symptoms of fever.

Treatment.—If the disease arise from fulness of habit, the treatment should chiefly consist in abstinence; and in extreme cases, bleeding may be employed; but if it arise from the suppression of habitual discharges, these, if possible should be restored. Two table spoonfuls of the

* See article "Diseases of the Skin."

following, may be taken three or four times a day :

Take of diluted sulphuric acid, one drachm ;
water, four ounces ; tincture of opium,
and syrup of roses, of each one drachm :
—mix.

In the spitting of blood of weakly habits, thirty drops of the oil of turpentine may be given every other hour, till the bleeding stop. Fainting is often serviceable in checking the bleeding from the lungs ; on this account, cordials, strong odours, and every other means of rousing the patient should be avoided. When the complaint occurs in a debilitated or delicate habit, and is the consequence of weakness, the course of proceeding must be entirely different ; therefore, in addition to the oil of turpentine, the following cooling purgative must be administered occasionally :

Take of Epsom salts, half an ounce ; infusion of roses, two ounces.

A blister between the shoulders is sometimes serviceable. "The application of cold, (says Dr. Clutterbuck,) in the extreme degree that it is usually practised, is injurious. The abstinence usually recommended is quite unnecessary ; for solid, substantial food is far better adapted to the laxity of the solids. Change of air is highly serviceable ; and after the disease has stopped, cold bathing and daily exercise may be used."

STRANGURY, OR RETENTION OF URINE.

THIS disease arises from spasm, or stricture ; enlargement of the prostate gland ; mechanical injuries ; inflammation of the urethra ; and a want of strength in the bladder, occasioned by retaining the urine for too great a length of time. It may also arise from the too free use of blisters.* Difficulty of passing the urine is seldom attended with much danger, unless, through neglect, it should terminate in total suppression.

The most prompt assistance is called for in this disease ; for if the bladder remain preternaturally distended, it will be attended with inflammation, ultimately burst, and death ensue.

Treatment.—As in the case of stricture, there is a great diversity of opinion as to the proper treatment of strangury ; some contending that the first step should be with the catheter, whilst others (at the head of whom may be reckoned Mr. Abernethy) decidedly object to the practice. The following treatment is advised by Mr. Abernethy :—"Sponge the parts affected with tepid water, and foment the lower part of the abdomen with flannels wrung out of hot water, as warm as the patient can comfortably bear ; let them remain on for five or six minutes at a time, and he will find them very soothing ; apply leeches to the part, and, if he be of a strong constitution, bleed from the arm. But first give the patient a dose of castor oil to clean out the bowels ; that is a great thing. The patient must go to bed, and the fomentations be continued, until relief be obtained. If the urine begin to dribble, the stream will soon follow ; but if there be no dribbling, an opiate clyster should be administered, or a grain of calomel and a grain of opium made into a pill, and taken every five or six hours, until the urgency of the symptoms be removed : I can generally accomplish a cure by the simple measures just stated. Patients are afraid that their bladders will burst, and the surgeon is apprehensive, so sets about passing a catheter. As to the introduction of instruments into the bladder, it is a practice not to be decided upon in four and twenty hours."* The usual treatment is to pass a catheter, to direct the use of the warm bath, warm fomentations, cooling medicines, and bleeding from the arm.—The enlargement of the prostrate gland is attended with some uneasiness, and there

* See the article "Blisters," p. 55.

* "Lectures on Surgery," by Mr. Abernethy.

is a frequent desire to make water: this most frequently arises in old people, or in those who neglect to evacuate at the proper time. Sir. A. Cooper says that the catheter will always overcome this obstruction,* and that it is never necessary to puncture the bladder, under such circumstances. The warm bath, or tepid bathing the parts, warm fomentations, keeping the bowels free, and the other means just mentioned, should not be neglected. When the disease arises from the use of blisters, the patient should drink plentifully of linseed tea, barley-water, or other warm diluting fluids, and foment the region of the bladder. Persons troubled with this malady would do well to be abstemious in their diet, to use tepid bathing, to lie on a mattress, take exercise in the open air, and avoid study and sedentary occupations.

STRICTURES.

THERE are two species of the stricture, one of the urethra,† and the other of the rectum.‡ Whatever gives rise to considerable irritation in the urethra, may prove a cause of stricture in that part; “therefore, (says Mr. Abernethy), if gonorrhœas§ be improperly treated, they are very apt to lay the foundation for strictures.” Drinking or hard riding is very liable to induce this malady.—At the commencement of this disease, the patient is unable to retain his water, and instead of the urine passing in a full stream, it is small in quantity,

* In the cases of the retention of urine from the enlargement of the prostate gland, or from the want of power in the bladder, Mr. Abernethy recommends the daily use of the catheter. Some practitioners recommend the introduction of the catheter two or three times a day.

† Urethra, the urinary passage.—‡ Rectum, the last intestine.

§ “If I were asked (observes Sir A. Cooper) to state the cause of stricture, I should say, in ninety-nine cases out of one hundred, it is the result of gonorrhœa.”

and is forked or scattered. After a time, he finds that he is obliged to use great force to expel his water; and in consequence of the stricture, he has to rise two or three times in the night to void his urine. If the disease be of an aggravated nature, the urine will frequently become white, and be mixed with either matter or blood: pain and difficulty ensue in voiding the urine, and the patient becomes much debilitated.

Treatment.—Much difference of opinion exists among practitioners as to the best mode of treatment of strictures. Some recommend that as soon as the disease is suspected, a full-sized bougie should be passed, in order to ascertain the fact. Mr. Abernethy, however, differs materially from the general system; and as he boldly maintains that his practice is the best, (there is no doubt but that the patient should commence with Mr. A.’s treatment,) we will proceed with his advice accordingly. “The patient should use a tepid hip-bath, apply leeches to the urinary passage, and sponge it often with tepid water; he should also use some mild purgative, but not to irritate the bowels. The stomach and bowels should be set right by a proper regulation of diet; for while there is any thing wrong about the bowels, the urethra will never get right: after this, the urethra must be examined; for which purpose, a soft bougie, of a small size, should be used. This must be introduced very gently, and carried on until it come to the stricture; but let it be used in the most careful way, else some irritation will be sure to be excited. I make it a rule never to pass a second bougie until the irritation caused by the first be soothed by tepid bathing. I have lived long enough to know the result of my own practice, and to contrast it with that of others; and I know that this is the best practice. By introducing the bougie too often, we have not only to counteract the irritation which pre-

viously existed, but the irritation which we have created. I set down, *let a bougie be passed once a week*. It produces perfect astonishment in the minds of some persons, to find the symptoms subside under the use of such apparently trivial measures. Some say that bougies are used to cure the strictures by dilatation; as if such sensible stuff as the uretha, could be stretched as if it were insensible. Now I say, let a stricture get well without stretching. Dysury or irritation of the uretha, frequently depends on a constitutional malady, and in such cases, passing bougies will do very little good; the constitutional derangement must be removed by attending to the state of the digestive organs. I have known patients who have gone on from No. 1 to No. 20, and yet a little fit of illness has produced a contraction again.* The general practice is to cause the dilatation of the affected part to be accomplished by a frequent use of the bougie. Indeed, a modern writer† states, "it is to a skilful use of this instrument (the bougie) that the most *able* surgeons trust for the cure of the disease. A small sized bougie must be introduced once a day, or once in two days, and allowed to remain, at first, for five or ten minutes; the time being afterwards gradually lengthened to half an hour, or an hour longer. If possible, no pain should be produced in passing the instrument, and the moment any uneasiness is felt, it should be withdrawn. In the beginning one of the smallest bougies will be necessary to pass the stricture; and in increasing the size we must be regulated by the facility with which the stricture becomes dilated, and the ease by which the patient bears the dilatation. If the size of the instrument‡ can

be gradually augmented, it should satisfy us; and the advantage ought to be followed up, till a bougie of large size can pass freely. In my opinion, no bougies larger than those usually numbered thirteen, should ever be used."—Local means are seldom employed in stricture; the bowels being generally regulated by a little castor oil. Obstinate cases were formerly removed by the use of the lunar caustic; but Sir A. Cooper strongly deprecates the system, unless accompanied by fistula; milder means being considered by this eminent surgeon to be more likely attended with happier results.

The stricture in the rectum is of the same nature as stricture of the uretha, except that it frequently exists for a length of time without being detected. It most usually arises from disordered or weak bowels, and is attended by costiveness and discharge of blood, and the motions are small in quantity. The bougie to be employed in this case must of course be larger; and during its employment, the bowels must be kept perfectly free by the use of castor oil. The directions already given for the use of the bougie are applicable in this case. It is of the utmost consequence that this disease should be attended to, on its first symptoms; for many diseases might easily be averted, if sufficient attention were paid to their first indication. In all cases of this malady, warm bathing and a strict attention to the diet and bowels, must form the principal part of the treatment.

ST. VITUS'S DANCE.

DEBILITY and irritation in the stomach and the bowels are generally considered as the most frequent causes of this affec-

* "Surgical Lectures," by Mr. Abernethy.

† Dr. Graham, author of "The Modern Domestic Medicine."

‡ Mr. Abernethy remarks, that "when you

first pass a bougie, the patient will cringe about, and complain exceedingly; but, after a time, he thinks no more of having a bougie passed, than of having his hair combed."

tion.* According to Dr. Clutterbuck, the disease is marked by involuntary and irregular movements of the limbs, chiefly observed when any voluntary motion is attempted, which is then but very imperfectly accomplished, and often in a ludicrous manner. In sleep, the involuntary movements cease. One side is usually observed to be more affected than the other; often, indeed, exclusively so; and in most cases, the mind betrays a considerable degree of imbecility, amounting almost to fatuity. The disease comes on gradually, and for the most part without any obvious exciting cause. It usually continues for several months, though the duration is uncertain and unequal, and generally terminates favourably, but slowly: the pupils of the eyes are mostly dilated. "The disease (says Dr. C.) takes place between the ages of eight or nine, and fourteen or sixteen; though I have seen it in children of four years of age, and, in one instance, in a woman far advanced in life. It occurs more frequently in females than in males; and in those of delicate, rather than of robust habits. Occasionally, however, it is met with in those of ordinary strength, and who are in the possession of good general health. In many instances, there are both pain in the head and a febrile state of the body."

Treatment.—"It has been a prevailing notion, (continues Dr. C.) that St. Vitus's Dance was a disease of debility, and required a tonic, and even a stimulant mode of treatment. If this practice were to be followed indiscriminately, it would often do positive harm, as well as fail in attaining its object; yet, on many occasions, such a treatment is the best that can be devised. The propriety of blood-letting depends not merely upon the existence of inflammation, but

upon the degree and duration of the disease, and the habit and other circumstances of the patient; as in all other cases of inflammation, wherever seated. The disease is sometimes found in habits of considerable strength, accompanied with much pain in the head, and a considerable degree of fever; when such is the case, blood-letting, to a moderate extent, is highly useful. I have caused the patient to be bled, at intervals of a few days, ten or a dozen times; and even oftener, where the circumstances were such as I have described; and a cure has ultimately been effected, without the aid of any other active remedy. Some, of late, have recommended purging alone, as the only remedy required for the cure of this disease; but this is too exclusive. I may observe, that whatever mode of practice is adopted, several months often elapse before a cure is effected; which leads to a suspicion, that the termination may be in reality spontaneous, where we are apt to ascribe it to the remedies we have employed."—Dr. Parr states that he pursued the purgative plan with great activity through sixty cases of the disease which occurred to him in a course of twenty years' practice, and was only unsuccessful in one case. Dr. Hamilton, of Edinburgh, speaks highly of the use of purgatives in this disease.

SYNCOPE, OR FAINTING.

THE causes of syncope are various: *viz.* fear, terror, joy, and even disgust; violent pain, as during surgical operations; large evacuations of any kind, (whether of blood or otherwise,) getting suddenly into an erect posture, after the body has been long recumbent; long fasting; excess of diet; and lastly, syncope occasionally takes place in some of the organic diseases of the heart; or it may follow a violent palpitation or convulsive action of the organ. The signs are obvious and easily understood:

* "The notion so prevalent of this disease being founded in general debility of system, cannot be sustained."—Dr. Clutterbuck.

failure of pulse, paleness, coldness of the body, and total insensibility.

Treatment.—The patient must be placed in an horizontal position, as being most favourable to the passage of the blood. The practice of administering brandy and other stimulants in the case of loss of blood, is much questioned. The nostrils may be stimulated by applying spirits of hartshorn; the patient exposed to pure, cool air; and the face suddenly sprinkled with cold water. Cold or tepid bathing may also be resorted to, with exercise, regular hours, and light meals. When syncope is the result of hæmorrhage, it is better not to stimulate the patient too soon, in order that time may be given for the extreme vessels to contract.

TETANUS.

THIS disease is marked by a spasmodic rigidity of the whole body. There are several varieties of it:—1st. where the body is thrown back by spasmodic contractions of the muscles; 2d. the body being bent forward; 3d. locked jaw: although these are only modifications of one and the same disease.—These affections arise more frequently in warm than in cold climates, and in marshy situations. They attack persons of all ages; but the male sex suffer more frequently than the female, and those of a robust and vigorous constitution. The most common causes are scratches, punctures, lacerations, or other mechanical injuries; exposure to cold, sleeping in the open air, sitting on the damp ground, or by the pressure of irritating substances in the stomach and bowels.*—The commence-

ment of this disorder is generally announced by a stiffness about the neck, which, as it increases, the motion of the head becomes painful, and there is a difficulty and a pain in swallowing; there is also a severe pain at the bottom of the breast-bone, darting backwards to the spine. When the affection is confined to the jaws, in some cases, it extends no further; in others, the spasms return with great frequency, (every ten or fifteen minutes,) become more general, affect not only the muscles and jaws, but likewise those of the whole of the back-bone, so as to hold the head and trunk in a straight, fixed, and immoveable posture. The muscular contractions are always accompanied by the most excruciating pain; and when the disease arrives at its height, an universal spasm puts a period to the patient's misery.

Treatment.—Medical men are very much at variance with respect to the treatment of this formidable disease;* but, however unmanageable the case may be, it is clear that all sources of irritation should be speedily removed. If tetanus originate from a puncture, a sufficient quantity of solid opium, liquefied with a little water, must be laid over the surface of the wound with a camel's hair pencil.† It has been recommended to use the lunar caustic, by touching the wound freely with it, and afterwards covering the part with a bread and water poultice. The following has been

the jaw slips about, cracks, and bulges out on one side. The best remedy for tetanus is to keep the jaw quiet, by confining it to the greatest possible extent; drinking strong broth, &c. out of the spout of a teapot, and taking a little medicine to keep the bowels in order. If this treatment be attended to, the patient will soon recover.—“Surgical Lectures,” by Mr. Abernethy.

* “I know of no specific remedy for tetanus.”—Mr. Abernethy.

† This application is made use of by Sir Astley Cooper.

* On this disease, Dr. Armstrong observes, “it is clear that some concurring state of the system must exist to favour the rise of ‘Tetanus;’ since cold applied, or a local injury sustained under ordinary circumstances, does not give rise to this affection.”—Mr. Abernethy considers that all diseases of the jaw are constitutional. “The ligaments get diseased; and

found serviceable; but, it is necessary to state that Dr. Clutterbuck is no friend to its use.

Take of opium, two grains; calomel, a grain; and with a little mucilage of gum arabic, make into a pill, and give it every four hours.

Every morning, or every other morning, a dose of castor oil should be given. If the patient be of full habit, and the wound be inflamed, swelled, or painful, twelve or fourteen ounces of blood may be extracted from the arm. Dr. O'Beirne, of Ireland, states that he has found an injection of tobacco infusion of great service in several cases. When the patient is unable to swallow, (as is frequently the case,) the medicine and food must be injected in the form of clysters. The treatment for locked jaw is the same as already prescribed; and mild purgatives, with a generous diet, and the cold bath, will be found the best remedies. Dr. Armstrong considers that "those patients have the best chance of recovery, who are mildly treated, and nursed throughout the disease:" his plan is, "moderate and repeated doses of opium, occasional laxatives, light nutriment, a stimulating friction* in the course of the spine, together with every attention to the state of the mind; by allaying apprehensions, and inspiring confidence in the remedies employed." Dr. A. further remarks, "as in the present state of knowledge, a large majority of cases is mortal, I strongly urge the necessity of endeavouring to prevent the recurrence of the attack, by studiously avoiding all causes of irritation after an accident."

TIC DOLOUREUX.

It is observed by Sir A. Cooper, that "the pain experienced by those afflicted with tic doloureux is indescribable." It

* Take of opodeldoc, two ounces; tincture of opium, half an ounce. Apply frequently.

occurs most frequently in the face, although other parts of the body are afflicted with it.—"I have seen people (says Mr. Abernethy) perfectly free from pain one instant, and who, whilst talking or doing something else, have been suddenly seized with the most racking and excruciating pain imaginable."—A great difference of opinion exists as to the cause of this malady; but Mr. Abernethy is decidedly of opinion, that it chiefly consists in the derangement of the digestive organs. The disease may easily be distinguished by the agony of the pain, the shortness of its duration, and by the absence of all swelling or inflammation.

Treatment.—"Well! (exclaims Mr. Abernethy,) this is a very curious disease; and some persons have been led to divide the nerves of the part;* but, I say you might as well expect to cure a man with gout of the pain in his great toe, by dividing the nerves going to the toe, as to cure a person of tic doloureux by the division of a nerve. The complaint is perfectly constitutional; as truly a constitutional disorder as either gout or rheumatism. I believe if the patient be put on a rational plan of diet,

* Mr. Abernethy says he has divided a nerve in a lady's finger for tic doloureux: the pain was so great that she could not put her hand into her pocket. She had cramps of the muscles and spasms, and there was every appearance of her having a locked jaw; the pain continued for some time after the operation, and shortly after she became a little easy; but, subsequently she was attacked with a fever, and died."

"In tic doloureux, whether seated in the face or elsewhere, the real disease appears to be at the origin of the nerves, although the pain is felt remotely at their termination. This serves to account for the little success which attends the operation of dividing the nerve in such cases."—Dr. Clutterbuck.

"The result of the operation is very doubtful; for the pain will sometimes return almost immediately, but whether by the same nerve is questionable."—Sir A. Cooper.

and his digestive organs got into a right state, these affections will not come twice; at least, if the patient remain in good health." The patient may take the following aperient pill every other night, as costiveness must not be suffered to exist:—

Take of compound extract of colocynth, half a drachm; compound rhubarb pill, a scruple; Castile soap, ten grains; oil of juniper, five drops. Beat into a mass, and divide into twelve pills. One to be taken at bed-time.

A grain of sulphate of quinine, and half a grain of ipecacuanha powder, made into a pill with extract gentian, may be taken three times a day. If this be found to agree, the sulphate of quinine may be gradually increased to two or three grains, three times a day.* It is considered by many practitioners, that the best plan of treatment consists in invigorating the constitution by a mild diet, fresh air, the use of the tepid bath, and a strict attention to the bowels.

TOOTH-ACH.

THIS dreadful pain may be induced by cold, the excessive use of mercury, rheumatism, or pregnancy; but by far the greater number of cases arises from constitutional causes, and chiefly from an imperfect state of the digestive functions, accompanied with costiveness.

Treatment.—If the pain arise from rheumatism, four grains of ipecacuanha powder may be taken twice or thrice a day, and the part fomented. A blister, or mustard poultice behind the ear will sometimes be of great service. When the tooth is carious, a grain of opium and a grain of camphor may be made into a pill, and placed in the hollow. Dr. Uwins strongly recommends prussic acid, which is to be applied by means of

lint: Dr. U. says he has known it in many cases to operate like a charm. It is also said that the insertion of a piece of gall-nut into the decayed tooth is an effectual remedy for the pain. Rubbing the gum and side of the face with oil of cajeput, or of cloves, will sometimes be very useful. When all these remedies have been tried without benefit, the mastication of scurvy-grass, ginger, horseradish, or pellitory root may be serviceable. But, perhaps, the best system of treatment would be to preserve a regular state of the bowels by attention to diet and regimen, to have recourse to active daily exercise, and friction over the region of the stomach and bowels; washing the teeth every morning with a soft brush or a piece of sponge, dipped in clear water; and frequently removing the tartar by the occasional use of a suitable dentrifice, such as flour of sulphur, or charcoal powder. The tooth should never be extracted till the person find he cannot retain it any longer with safety: during the time of pregnancy, no notice whatever ought to be taken of the affection.

TYPHOUS FEVER.*

"THIS disease (says Dr. Armstrong,†) sometimes arises out of the intermittent fever, (ague,) and at other times, it appears, from the beginning, under its true characters. Cold is supposed by some to be a cause of typhous fever; but its

* This disease is termed by Sydenham the putrid or malignant fever; by Huxham, the nervous fever; by Bateman, the contagious fever; by Armstrong, the typhous fever; by Clutterbuck, the proper, idiopathic, or essential fever; and by Burne, the adynamic, or typhous fever. It may be necessary here to remark, that there is no disease more fatal, or one that has excited more attention of the faculty.

† In this article, the parts marked between inverted commas are extracted from the valuable Lectures on "The Principles and Practice of Physic," delivered by that eminent physician, Dr. Armstrong, consulting physician to the Fever Hospital.

* A dreadful case of tic douloureux was lately relieved in Guy's Hospital, by four grains of sulphate of quinine being administered every six hours, night and day. The case was under the care of Mr. Key.

origin is most frequently found connected with certain states of the air as well as of the earth. It hardly prevails at all in winter, if the air be cold, and the earth locked up by a frost; but most usually appears in autumn. Formerly, I believed, that human contagion was the primary and sole exciting cause; but, having been accidentally led into a new path of inquiry, and having discovered (to myself at least) that I was mistaken, the only reparation which I can make is thus publicly to acknowledge my error; and however humiliating such an acknowledgment may be to human pride, yet I have the reward of possessing what I hold to be the truth at last. I have known many instances in which patients labouring under typhous were removed into a fresh atmosphere, and yet in no case did the disorder propagate itself to any other individual. Had the cases been those of small-pox, measles, or scarlet fever, they would have been communicated to many persons, provided those persons had not been before the subjects of such affection. Does it shew that they are (generally speaking at least) essentially different as to the capability of their being communicated? Besides, I have known wives kiss their husbands again and again, when the tongue and teeth of the latter were crusted with the sordes of typhus; I have known fathers and mothers do the same thing to their children; I have known mothers suckle their children; I have known persons in health sleep in the same bed with those who were sick; and yet in none of these cases, has the disorder been communicated. Many men, it is true, make confident declarations, and say that typhous is spread from such and such a family, as from a focus; but, wherever I have had an opportunity of investigating the matter on the spot referred to, it has happened, either that the evidences of malaria (marsh effluvia) were distinct, or that the drains were in such an im-

perfect state as to produce a local taint or contamination of air. So certain am I in the truth of the doctrine of malaria, and a local taint or contamination of air, that I believe, with the aid of the legislature, I could go far to annihilate typhous fever in the British metropolis, where many substantial improvements might be made in reference to this subject."—Women upon the whole, are more liable than men to this disease; but the strongest individual may be attacked if exposed to a concentrated malaria, or effluvia arising from a marshy place or stagnant atmosphere. The usual causes ascribed to typhous, are poor living, grief, intemperance, profuse evacuations, sedentary occupations, &c. —excessive indulgence in the use of spirituous liquors, marshy places,* the

* It is remarked by Dr. Armstrong that "the common opinion which prevails that typhous occurs only in crowded situations, is a great mistake." To prove his assertion, he mentions the following among many other cases:—"A house had been shut up for some time, when two young persons, who had been visiting in the country, returned to it, and were shortly afterwards seized with typhous, yet this house was situate in one of the most airy parts of London, where I have known other cases to arise.—Some time ago, I was riding over a common with a medical friend, (many miles distant from London,) and he pointed out several widely-scattered cottages in which typhous fever occurred under a remittent and continued character.—There is scarcely a district in London, in which it does not appear, but much more in some than in others: there is one district in particular, where I have traced the rise of typhous, at different times, for nearly half a century back; and it is a most curious fact, that it thus occurs in certain parts, or rather patches of the metropolis, as if limited by lines, beyond which it does not pass. Can the doctrine of contagion explain this phenomenon?—If a man go out without his breakfast, and fatigue himself by a long walk on business, he is very liable to be attacked by this disorder, if exposed to the exciting occasion." Dr. Lind, an acute observer of this disease, says, "I am convinced, from very extensive experience, that the body of the sick is not so apt to communicate the infection, as the dirty linen, &c. which has been about the patient."—

state of the atmosphere, &c. In the remittent or mild form of this fever, the cold stage is absent; most frequently, the patient grows hot about the afternoon or evening; the heat continuing to increase for several hours afterwards, the pulse being quick, the face flushed, and the eyes bright, though they always have a heavy intellectual expression. Usually about four, six, or eight o'clock in the morning the fever abates, and entirely leaves the patient for four or six hours. In that remission, there is either a moist warmth of the skin, or a perfectly cool skin without moisture; the tongue being then moist, but having a fur of a dirty white or yellowish colour.—“The *Treatment* for this form is by no means complicated. Give the patient about a grain and a half of calomel, with three or four of rhubarb; and, on the following morning, administer about one, two, or three drachms of cold-drawn castor oil, let him have rest in bed, adopt a farinaceous diet, and surround him with a fresh atmosphere. Do all these things properly, (says Dr. Armstrong,) and the patient will almost invariably recover. But if he should complain of aching in the head, a few leeches may be applied to the temples; if there be any uneasiness or pressure made on the stomach or intestines, and if the tongue be red at the tip and edges, then let leeches be cautiously applied to the abdomen: six or eight leeches repeated will generally be sufficient to remove that low degree of inflammation. If the remissions be distinct, if the skin be warm and moist, or cool without moisture, and if the tongue be moist, then give two or three grains of the sulphate of quinine every hour while the remission lasts: yet always narrowly watch its effect; for if it increase the fever or cause pain, it must be withdrawn. There are some cases which require the use of wine: the patient is seized by an excessively hot stage, which occurs in the evening, and continues through the night; suddenly,

in the morning, it leaves him with a pallid face, a sunken eye, a blueish lip, a weak respiration, and a feeble pulse: if the patient be not supported by wine under such circumstances, he sinks and dies with great rapidity. While the collapse continues, you must keep the patient flat between warm, clean blankets, apply bottles filled with hot water to the feet, bladders of the same to the fundament, tuck the clothes closely under the chin, admit plenty of fresh air, and give wine moderately till the pulse rise, and the skin become warm.”

“The *remittent* form often passes into the continued form, but the continued commences originally as such in many cases. When the continued form commences, it usually begins in one of three modes; in each, the patient generally has a cold stage, sometimes slight, but at other times as severe as in the ague form. That passing away, in the first continued form, the skin becomes excessively hot and dry; the tongue yellowish or whitish, but moist; the face flushed; the eye bright and ferretty; the respiration is hurried, and the brain or membranes are so much affected as to indicate an acute inflammation, if no other part be similarly affected. The *first* continued form commences as a most ardent fever, and this is the form which is seldom met with except in young and robust subjects. The symptoms before specified go on for five or six days, (if the fever do not terminate fatally before that time,) and then the fever undergoes, gradually or suddenly, a remarkable change. The heat begins to fall, the pulse becomes comparatively soft, the lip and cheek assume a dusky appearance, and the respiration is weaker, the tongue grows dry, and is covered with a brown varnish.—The *second* form is intermediate. The fever is less ardently developed; the skin is not so hot, nor the head so much affected. This form generally undergoes a change in six or eight days; the patient's strength is much

diminished; for he lies on his back, and pants or heaves when he answers questions.—The *third* form is the *extreme*. What takes place in five, six, or eight days, in the *first* and *second* forms, takes place at the very onset of this.—The *first* and *third* forms sometimes terminate fatally in a few days; but the *second* usually runs a course of about three weeks, when not stopped at the onset; but whatever may be done, in many cases this affection goes on, having a sort of determinate duration.*

Treatment.—"In the *first* form, nothing can save the patient's life but decided bleeding,† at the beginning; but be sure to recognise that form, or the most serious mistake may be committed. The head should be elevated, the hairy scalp shaved, and cold water applied to the whole surface of the head, so long as it remains hotter than natural. The bowels should be daily opened by calomel and rhubarb, assisted by cold drawn castor oil. The apartment should be kept cool and rather dark, and the diet be excessively spare as long as the urgency of the fever lasts. For the middle and advanced stages of most of the ordinary cases, mild calomel purges may be almost considered a specific, where no organic derangement has taken place: but for the *second* or intermediate form, early and moderate bleeding from the arm has mostly answered an excellent purpose, before the tongue becomes dry and glazed; and where the pain in the head, or where pain on pressure over the belly demand such a procedure, cautious leeching may be resorted to. In the *third* form of continued typhous, when

the tongue is dry, the pulse soft, the skin not very hot, the voice and respiration weak, in all such cases avoid general blood-letting. If the patient complain of constant pain in the head, or when he has a red tipped tongue, with pain or pressure over the stomach or bowels, a few leeches may be applied to the temples or abdomen; but the bleeding must only be suffered to continue for a very short time. Unless the patient be rightly managed, he has but a slender chance; but, if purgatives be omitted, a slight diet adopted, the patient kept in a recumbent position, and surrounded with a fresh atmosphere, he will most probably do well. When the patient is restless, it is sometimes useful to give one or two grains of opium; but this ought to be administered with the greatest circumspection.* As the exhibition of wine in the last stage of continued typhous is always an experiment, it must be given, at first, in tea or tablespoonfuls, till its effect be ascertained; for if the skin become hotter, the tongue dry, the pulse quicker, and the patient more restless, the wine must be discontinued. Fresh air is the best cordial in all cases of fever, where the tongue is glazed and brown; it is then indeed the most vital food. In the last stage, great care must be taken that the patient is properly covered, that the surface may not be chilled; but, in the earlier stages, when the heat is higher than natural, the body should be lightly covered, lukewarm water occasionally used to cool the surface, and the temperature of the apartment never exceed sixty degrees. When the tongue is brown and baked, diluted lemon juice is often beneficial, if

* Dr. Burne, author of "A Practical Treatise on the Adynamic or Typhous Fever," (1828,) divides this fever into four degrees: two species relates to where the nervous system is prostrate; and the other two, to where its energy is not materially affected.

† Dr. Armstrong states that he has directed to be taken, in three days, 108 ounces of blood, and the disease took a mild course afterwards.

* Dr. Armstrong remarks, that "Dr. Paris, in his 'Pharmacologia,' recommends small and repeated doses of opium in typhous fever; but, like many of the other directions in that work, it is extremely erroneous; and if adopted, would generally prove fatal."

it do not irritate the bowels ; or a drachm and a half of oxymuriatic acid largely diluted with pure water, may be given in the course of twenty-four hours. In every form of continued typhous, bark is prejudicial ; but not only bark but wine is frequently recommended, which generally does a great deal of harm, as it increases all those local affections with which typhous is complicated. It is of the utmost consequence to conceal every circumstance which might disturb the mind of the patient, and to assure him that his case is going on well. Fear operates decidedly in predisposing to this affection, and courage is the best preventive.—To conclude : whatever may hereafter be proved to be the case with respect to *yellow fever*, by a more minute inquiry, I can only repeat, that the more narrowly I investigate the facts in regard to typhous fever of this country, even under its most aggravated aspects, the more I am inclined to doubt its contagious nature.”—Since writing the above, Dr. Tweedie (one of the physicians to the Fever Hospital) has delivered a “Lecture on Contagion,” from which we have made the following extract ; being anxious to give the reader every information upon so important a subject. Dr. T. says, “contagion is a very frequent source of disease, which may be powerful or not, according to circumstances ; but more particularly according to the attention that is paid to proper ventilation and cleanliness. Fever is readily produced by the *accumulated effluvia from the human body* ; and the atmosphere of an apartment, or district, may be so contaminated from this cause, as to prove a source of fever to the majority who inhale it. It is not necessary that the effluvia thus productive of fever, should arise from persons labouring under disease ; the concentrations of exhalations from healthy individuals, crowded in a single apartment, being, perhaps, the most common source of fever ; and it is utterly vain to at-

tempt its extermination, while so many ill-fed, ill-clothed, and filthy persons are huddled together in chambers of small dimensions. It is not uncommon in London for twenty or thirty persons to be accommodated, day and night, in one small apartment ; and I could point out districts in the metropolis which are never free from fever, nor can they ever be so, until this source of the disease be more generally known, and its causes removed. The importance of keeping the chamber of a fever patient well ventilated, is too evident to be overlooked ; fresh air proving highly beneficial to the patient, and diminishing, in a great degree, the probability of the spreading of the disease.”

Before concluding this article, we beg to recommend to the reader's attention the following

GENERAL DIRECTIONS FOR THE TREATMENT OF FEVER.

THE medical treatment consists in the administering of purgatives ; the best of which are calomel, rhubarb, jalap, cold-drawn castor oil, and small doses of the infusion of senna, with or without small doses of sulphate of magnesia. The second medical mean is the use of the tepid ablutions, and these should be employed two or three times in the day, especially towards evening.—In the treatment of fever, there is a golden rule in respect to diet, viz. when the heat is high and the pulse quick, the diet must be of a remarkable mild and farinaceous kind. It is impossible to sustain the strength of a patient in fever by strong food ; you might as well try to build up a house in flames. The following are the best diets : thin arrow-root made with water, thin gruel, sago, tapioca, or plain animal jelly ; and a small tea-cupful of one of these given morning, noon, and evening, is all that is necessary. In inflammatory fever, water is the best drink ; but, in the simple affection, a glass of lemonade may be allowed, care

being previously taken that the juice be passed through a piece of muslin, so as to exclude the pulp. In the recumbent position, rest tends very much to diminish the fever action, and in many cases, has nearly the effect of blood-letting. In simple fever, the temperature should never exceed sixty degrees; and the patient ought to be lain between clean sheets, and lightly covered, particularly towards evening. In all stages of fever, cleanliness is essential; therefore, the patient should pass his evacuations in a vessel containing water, and the vessel be immediately removed. Fresh air may be freely admitted from one side of the room, but cross-currents must be guarded against. Let the patient be placed in that room in which there is the least noise to be heard, and the attendants should be directed to do their business quietly. The human mind is often prostrate with the body; therefore, it is necessary to take the mind into account. If the mind be very anxious, the fever frequently terminates fatally; but, if the patient be kept cheerful, he generally gets well. When it is at all admissible, the patient should be confidently assured of his recovery; and if his friends be intelligent people, the medical attendant should lay aside all the mummery and humbug of physic, and explain to them that the patient has such and such symptoms; that these symptoms point out such and such a state, and that such a treatment is necessary to remove them.*

ULCERS.

SIR E. Home† has divided ulcers into the healthy, the irritable, the indolent, the inflamed, the gangrenous, and the si-

* Dr. Armstrong.

† "Sir E. Home's book is the most scientific which has been published, and I have been in the habit of making some comments upon it."
—Mr. Abernethy.

nuous. In the *Healthy Ulcer*, the granulations (little red eminences) which fill up the chasm are small, conical in figure, and florid in appearance. The secretions from the surface are of a mild whitish opaque matter.—The treatment for this form is very simple: every source of irritation must be scrupulously avoided, a simple dressing placed to the part, and covered by rather a tight bandage. The following ointment may be used for the dressing, which should be thinly spread on lint or linen rag:

Take of prepared calamine, half a pound; yellow wax, half a pound; olive oil, a pint. Mix the oil with the melted wax; then remove the mixture from the fire, and as soon as it begins to thicken add the calamine, stirring constantly until it be cold.

The bandage must be formed either of a long strip of linen, or of the common adhesive plaster.* Should proud flesh appear, a small piece of lint must be laid on the sore, and the edges of the ulcer touched every day with the lunar caustic; strips of the plaster being afterwards applied closely to the part.

In the *Irritable Ulcer*, the bottom of the sore is rough, the edges are ragged and irritable, and the granulations are very few and indolent. "What you have to do, (remarks Mr. Abernethy,) is to oppose the disease which has produced the ulceration, by quieting the irritable state of the parts. I know nothing so good for this purpose, as dissolving two scruples of opium in eight ounces of warm water: the solution must be strained through a little tow, and some pieces of lint dipped into it, and laid upon the sore. This application must be

* "The bandage of adhesive plaster must be put carefully round the limb, having the sore first protected by a little lint dipped in a solution of opium, or by a bit of lint having a little spermaceti salve spread on it: over the whole of the straps of the plaster, a light roll of linen may be placed. The greatest care is necessary in the bandaging."—Mr. Abernethy.

used luke-warm, and the edges of the part touched with spermaceti salve, and a bread and water poultice made with poppy-water put over it; over the whole, a light bandage should be placed to steady the dressing. Keeping the patient in bed is a thing of great consequence: in the horizontal position, the blood returns from the part with greater ease; but when the patient is erect, it has to mount up against its own gravity." It is highly necessary that the bowels should be attended to; for which purpose, a grain of calomel and a grain of opium, with a little conserve of roses, may be made into pills, and taken every night. Change of air is advisable, and due attention ought to be paid to diet.

The *Indolent Ulcer** arises from a weak state of the body. The granulations are large and flabby, and not of a good colour,—the discharge is not good, and the edges of the sore become thickened. "The great art (continues Mr. Abernethy) in the management of all ulcers, is to quiet them when they are irritable, and to stimulate them when they are indolent. The fact is, that they are sores which you may dress with a great variety of stimulants; you may sometimes dress them with a thing which will agree very well for a time, and then it does not agree, and you are obliged to apply another, and new things appear to please them." The indolent ulcer requires local stimulants,† a nutritious diet, and a little gentle exercise. Sometimes, the use of the corrosive sublimate in water, will be serviceable, the strength of which may be proportioned to the strength of the sore. A

* It is remarked by Sir E. Home, that "if you dress such a sore with bark, it will improve in its appearance; and that if there be two such sores, (one near the knee, and the other on the ankle,) and you give the bark internally, the sore on the knee will heal first."

† "The time for using a stimulant must be regulated by the condition of the sore."—Mr. Abernethy.

solution made by mixing together eight grains of oxymuriate of quicksilver and six ounces of lime-water, may be applied twice every day. Serofulous ulcers are generally of an indolent nature; for the treatment of which, they may be frequently washed with lotion formed of equal quantities of tincture of myrrh and lime-water; or the ulcers may be dressed twice a day with a cerate formed of half a drachm of carbonate of ammonia and an ounce of simple cerate: Sir E. Home advises a solution of common sea-salt. Whatever application is adopted, a pill composed of a grain or two of sulphate of quinine and three grains of extract of hemlock, must be taken every night. It is indispensably necessary that the patient should have the benefit of pure air, and a nutritious diet.

The *Inflamed Ulcer* is accompanied with the appearance of inflammation on the surface, and in the skin and surrounding parts: the discharge is very thin, and of a blood-like nature. This ulcer may be fomented with any of the ordinary fomentations, and followed by a bread and water poultice. The bowels must be kept easy with the following:

Take of Epsom salt, Glauber's salt, of each, half an ounce; spearmint water, five ounces; antimonial wine, two drachms; tincture of senna, an ounce. Mix, and take two or three table-spoonfuls every morning.

Rest is essentially necessary; and the diet should be mild and small in quantity.

The *Gangrenous Ulcer* occurs principally in intemperate and debilitated subjects; the surface of which is free from any discharge, although sometimes the greatest portion of it looks livid or black. Sir A. Cooper recommends the following:

Take of carbonate of ammonia, eight grains; laudanum, half a drachm. To be taken in camphor mixture every four hours.

Forty or fifty drops of the nitric acid to a quart of water may be used as a lotion, and applied two or three times a day by means of a camel's hair pencil or a piece of lint.* Sir A. Cooper says that "poultices made of port wine, porter dregs, or yeast, may be used: a large spoonful to a pint of meal will be sufficient."

The discharge of the *Sinuous Ulcer*† is generally of an unhealthy kind, and requires the use of stimulants. Two grains of corrosive sublimate, mixed with an ounce of distilled water, will form an excellent solution, and may be injected with considerable effect. The sore must be covered with strips of adhesive plaster; the patient should have a mild, nutritious diet, and take, two or three times a day, a decoction of sarsaparilla. The following pill may be taken every night:

Take of calomel, twenty grains; emetic tartar, four grains; resin of guaiacum, in powder, two scruples. Beat them well together, and with a little conserve of hips, make them into a mass, and divide into twenty pills.

A *Fistula* is treated in precisely the same way; but the sinuous ulcer is seldom cured without an operation. It is only necessary to observe in regard to fistulas, that the bowels must be carefully regulated, and that every thing of an irritating nature should be avoided. It frequently proves advantageous to some habits, and relieves them from other complaints; therefore, the greatest nicety is required in determining on the necessity of an operation. It has been remarked by Sir A. Cooper, "that persons who lead a sedentary life, take but little exercise, and feed highly, are particularly subject to fistula."

Ulcers on the nose and face are frequently removed by the following arsen-

ical ointment, recommended by Sir A. Cooper:

Take of white oxide of arsenic, flower of sulphur, of each, a drachm; spermaceti ointment, an ounce. Spread a sufficient quantity of it on lint, lay it on the ulcer, and leave it there for twenty-four hours. After which, the ulcer must be dressed with simple ointment.

For ulcers that form on the fingers and toes, Sir A. Cooper and Mr. Abernethy recommend the following treatment: "the nail to be pared down as thin as possible without producing bleeding, then raised a little, and a small piece of lint introduced under it, so as to keep it from irritating the ulcer."*

VERTIGO, OR GIDDINESS.

"This affection, (observes Dr. Cluttbuck,) though unattended with pain, is generally of a more dangerous nature than the severest headache." It is induced by whatever is capable of disturbing suddenly the circulation of the brain, whether in the way of increase or diminution: such as blows on the head, stooping, swinging, or any unusual motion of the body; and is exceedingly frequent at an advanced period of life, mostly indicating the approach and formation of disease in the brain; indeed, it may be said to be a forerunner of apoplexy and palsy. In vertigo, objects

* Mr. Abernethy in lecturing on the treatment of ulcers, observes, "if any person would give me a pharmacopœia, I would undertake to say, that there should not be one thing contained in it which, sooner or later, I have not seen applied as dressing to sores, and their application, at one time or other, been found useful. But I am satisfied that I have seen ulcers get well by simply attending to the constitutional treatment." Mr. A. further remarked, that you will often see the patient examine and pinch the affected part; but he should be given to understand, that a touch is a bruise to a local disease. Sir A. Cooper says "recourse must be had to a variety of applications; for, if one fail, another must be tried, and so on."

* Recommended by Mr. Abernethy.

† A fistula is one species of sinuous ulcer.

that are fixed appear to be in motion ; the patient loses his balance, and is inclined to fall. The affection is more or less dangerous according to the cause inducing it, and the state of the brain itself, which may be sound or otherwise.

Treatment.—Occasional loss of blood will probably be proper in most cases ; but due regard must be had to the age and general strength of the patient : purging is a safer remedy, and generally indispensable. Issues, setons, and the like, are serviceable to a certain extent ; as a preventive, however, of greater evil, all causes of excitement of the brain should be cautiously avoided ; such as mental application, emotions of the mind, and the use of stimulating and intoxicating liquors. By careful and long continued attention to these points, apoplexy and palsy may be warded off for a time, and in some cases, altogether prevented.*

VOMITING.

WHEN vomiting proves obstinate, it calls for immediate assistance. It proceeds from various causes ; but it may be considered as most frequently arising from a severe disease in the system, viz. suppression of customary evacuations, pregnancy, mechanical injuries, indigestion, and unusual motions of the body ; nauseous disagreeable objects will also give rise to vomiting.

Treatment.—When vomiting proceeds from the irritation of the stomach, it can seldom be removed until the original disease be relieved ; still, however, it will be necessary that something should be done for this distressing affection, and the following will, in most cases, afford a little palliation :

Take of subcarbonate of potash, a scruple ; cinnamon water, two drachms ; common water, an ounce and a half ; syrup of orange peel, a drachm. Mix, and when taken, add a table-spoonful of lemon juice, and drink it immediately.

Small doses of Epsom salt, are frequently beneficial, as a drachm of the salt to half a pint of water. Should there be no inflammation present, half a grain of opium may be made into a pill with three or four grains of camphor, and taken every six hours, till relief be gained. When this sickness occurs in weakly habits, the greatest attention must be paid to diet and regimen, as laid down under the head “ Indigestion ;” * and also to the state of the bowels. In this case, sometimes two grains and a half of the white oxide of bismuth made into a pill with extract of gentian, and taken two or three times a day, has been attended with favourable results. For the sickness attendant upon pregnancy, recourse may be had to the means just prescribed.”

VOMITING OF BLOOD.

THIS is a discharge of blood from the stomach, and is generally preceded by a sense of weight, and dull pain or anxiety in the region of that organ. The disease may proceed from external violence, as blows or bruises, or from any of the causes which produce inflammation. It may also arise from fulness of habit combined with an intemperate mode of life ; but it is most frequent in those who are weakly, or who labour under a faulty condition of the digestive organs. The blood discharged in this case, is of a deep colour, and generally mixed with some of the alimentary matter.

Treatment.—Should this complaint occur in a person of full habit, and possessing considerable strength, moderate bleeding from the arm will be necessary ; after which, a mild purgative must be administered, to be repeated as occasion may require. A mild spare diet, and rest, are indispensable. If further aid be wanted, ten drops of the tincture

* Dr. Clutterbuck.

* See the article “ Indigestion,” p. 90.

of fox-glove may be taken in camphor mixture, two or three times a day. When vomiting of blood, however, takes place in the delicate, and those who are suffering from defective digestion, it will be necessary to have recourse to mild astringents and aperients, in conjunction with pure air, nourishing diet, and gentle exercise. After the discharge of blood, the patient must take one of the following pills, two or three times a day :

Take of sulphate of quinine, a drachm ;
extract of gentian sufficient to divide it
into thirty pills.

When the discharge of blood is great, a stop must be put to the vomiting immediately ; for which purpose, twenty five grains of ipecacuanha powder should be taken, and repeated until the object be attained. After the discharge has ceased, give the following :

Take of purified alum, two scruples ; infusion of roses, six ounces ; diluted sulphuric acid, half a drachm ; tincture of opium, forty drops. Mix, and take two large table-spoonfuls every two or three hours.

The bowels may be kept regular with Epsom salts in the infusion of rose-water.—Change of air and scene, when practicable, are highly useful ; indeed, the system of diet and regimen laid down under the head of “Indigestion,” will tend more to the improvement of the general health, than any course of medicines that can possibly be prescribed.

WATER BRASH.

THIS affection is known by a burning pain at the pit of the stomach, (usually when it is empty,) coming on in the morning or forenoon, conveying a kind of feeling as if the stomach were drawn towards the back ; and the patient frequently brings up a considerable quantity of thin watry liquor. It most commonly attacks persons past the middle age, particularly females, and those who use a poor diet. Whatever debilitates

the stomach will give rise to this complaint ; therefore, long fasting should be carefully guarded against.

Treatment.—Attention to diet and regimen, as laid down under the head “Indigestion,” is of primary importance, in order to render the cure permanent. The use of biscuits and home-made bread is particularly serviceable ; and daily exercise is indispensable. Medicine is seldom of any advantage.

WEN.

THERE are several sorts of wen, the difference being occasioned by the consistences of the matter contained in the cyst, or bag. As to the treatment, it is not frequently of any advantage to use local application, as the wen is generally only to be removed by the knife. Stimulants are sometimes beneficial, the most efficacious of which is electricity. It is very erroneous to suppose, that the operation is attended with great pain ; for a large tumour is frequently opened and turned out, without the patient being in any very great degree inconvenienced.

WHITLOW.

THIS is an exceedingly painful swelling, terminating in an abscess by the side of a nail. The whitlow is sometimes produced by constitutional indisposition ; but, most commonly, by a bruise, pricks with a sharp-pointed instrument, &c.

Treatment.—The treatment for whitlow is extremely simple. “You should, (says Sir A. Cooper,) after fomenting or poulticing the part, have a lancet put into the most prominent part of the swelling, and let the nail be pared away as thin as possible, or if there be any portion of it loose, it should be removed.” A little opening medicine should be taken as soon as the whitlow is perceived. Fungus excrescences often arise in these cases, which frequently induce the sur-

geon to apply caustic ; " but, this practice is worse than useless."*

THE WHITES, OR FLUOR ALBUS.

THIS disease is marked by the discharge of a thin white or yellow matter from the womb and its passage. Women of all ages are subject to it ; and it most frequently occurs in delicate constitutions, or in those whose strength has been greatly impaired by poor diet, a sedentary life, grief, profuse evacuations, frequent miscarriages, immoderate flow of the menses, &c. ; it may, however, arise from a laxity of the parts more immediately concerned. In the beginning, the discharge is usually white and pellucid ; and, during the progress of the disease, it acquires various discolourations, from whence proceeds a slight degree of smarting in making water. Sometimes the patient is afflicted with severe pains in the back and loins, and loss of strength ; to which may be added, failure of appetite, dejection of spirits, paleness of countenance, chilliness, and languor.

Treatment.—A perfect removal of the disorder will, at all times, be a difficult matter to procure ; but, it will be much more so in cases of long standing, and where the discharge is accompanied with a high degree of acrimony. The principal object in the treatment of this complaint, is to strengthen the general system, by perseverance in the use of a suitable diet, exercise, and change of air. Medicine alone will be of no avail. Dr. Thomas says " women who are afflicted with fluor albus, should by no means indulge in the use of tea and other warm slops of a relaxing nature ; they should lie on a mattress, avoid sexual intercourse, rise early, and take such daily exercise as their strength will admit, particularly on horseback. Where there is much languor, with a consider-

able degree of chilliness, it is probable that friction with flannels might afford some relief. In winter, the patient ought to wear flannel."* If the case be not of long standing, the patient may try twenty or thirty drops of diluted nitric acid in an ounce and a half of infusion of quassia, three times a day, and keep the bowels regular by some gentle purgative. Some women find great benefit from the occasional use of the tepid bath. The application of a blister to the *sacrum*, or broad bone at the bottom of the spine, has been attended with advantage. Lime water is recommended as a common drink, in the quantity of a pint a day ; the Tunbridge waters are generally beneficial. Gentle emetics have also been supposed to be of singular service, not only by cleansing the stomach and bowels, and making a revulsion of the humours from the inferior parts of the body, but likewise by their exciting all the powers of the constitution to a more vigorous action. Fifteen or twenty grains of ipecacuanha powder, taken in water, is a proper emetic, and may be repeated as necessity requires. From twenty-five to fifty drops of balsam of capivi may be a useful auxiliary ; and if the case continue obstinate, one of the following injections should be used ; all of which have been successful in different cases :

Take of decoction of bark, one pint ; alum, one diachm. Or,

Take of oak gall, bruised, half an ounce ; hot water, two pints. Or,

A strong infusion of green tea.

The pains in the back and loins are to be relieved by the application of a strengthening plaster ; and the patient must avoid, as much as possible, a standing posture, or violent exercise. A diligent attention should be paid to cleanliness, by washing the parts frequently with cold water. Some physicians recommend the use of the cold bath ; but

* "Surgical Lectures," by Sir A. Cooper.

* "Practice of Physic," by Dr. Thomas.

advice should be first obtained as to its expediency.

WHITE SWELLING.

THIS swelling occurs mostly in the knee-joint, although the elbow-joint, hip-joint, and ankle-joint, are not unfrequently the seat of it. The disease generally takes place in scrofulous subjects, and rarely after the age of twenty-five or thirty ; but it sometimes shews itself in those who have never given any decided proof of a scrofulous habit. When, however, there is a constitutional disposition to the disorder, a blow, a fall, or any other mechanical injury, may excite it into action.—It is here necessary to point out the distinction between this complaint and rheumatic swellings : in the rheumatic affection of the larger joints, the symptoms resemble those of white swelling, which, although quite as painful, are essentially different, and prove considerably more tractable.

Treatment.—This disease is universally acknowledged to be one of debility, and mostly to arise from scrofulous affection, therefore, requires nearly the same treatment as already prescribed for “Scrofula.”* Upon the first appearance of a tumour, however, it would

be advisable to apply a poultice made of sea-tang, or the common sea-weed, to be renewed twice a day ; and, at each removal, to foment the joint with a strong solution of salt and water, used lukewarm. In addition to the usual poultices, plasters of soap, sea-water poultices, hemlock, mercurial ointment, electricity, and blisters, have been recommended, and found serviceable in different cases ; but where sea-bathing can be obtained, it will prove the most efficacious of all remedies.* It must not be forgotten, that this complaint will require the persevering use of those means which are capable of restoring firmness and health to the general system, as well as those that are more directly calculated to arrest the progress of the local injury : perfect rest of the limb must be observed. There are, likewise, other diseases of the joints ; but it would be by no means proper to prescribe for such cases, as it is not at all times easy to discover their causes ; therefore, we strongly recommend the sufferer to seek the advice of a skilful practitioner on the first indication of a swelling in any part of the body. Trifling with disorders of this nature, may cause the loss of a limb, or ultimately be the destruction of life.

* See the article “Scrofula,” p. 119.

* “Practice of Physic,” by Dr. Thomas.

PART IV.

ON POISONS—ACCIDENTS—INJURIES—SUSPENDED ANIMATION, &c.

POISONS.

THERE are three distinct species of poison, viz. *vegetable, animal, and mineral.*

VEGETABLE POISON acts on the nervous system, and will destroy life without giving rise to the slightest inflammation. The influence of vegetable poison presents itself almost immediately; and its general effects are stupor, a desire to vomit, a sort of intoxication, respiration rather accelerated, &c. "With respect to the treatment of persons who have taken a quantity of poison, active emetics should be immediately administered, (if there be an opportunity of doing so,) consisting of sulphate of zinc or the sulphate of copper.* If these substances be not at hand, the throat must be irritated with a feather or the finger, with a view of producing vomiting. I certainly think, however, that the instrument for evacuating the stomach affords the best means of saving persons, who would otherwise perish. This instrument ('the stomach pump,') enables us not only to remove the poison from the stomach, but also to throw in water in considerable quantities, and to introduce remedies, after the poison is removed, for the purpose of restoring the functions of the nervous system."† Prussic acid

* A scruple of sulphate of zinc, or ten grains of sulphate of copper, (blue vitriol,) to be taken in water.

† Sir A. Cooper.

is the most energetic of all known poisons, and frequently destroys life before any succour whatever can be given. Sir A. Cooper remarks that "people often ruin themselves by a disposition to take laudanum: it is a habit that grows upon persons excessively, and ought never to be indulged." If opium be applied externally, it will produce an extensive sore, obstinate costiveness, violent pain in the head, a furred brown tongue, and a high degree of fever.

MINERAL POISON.—Arsenic is a poison very commonly taken to destroy life. "Very soon after this poison is taken, (observes Sir A. Cooper,) the most excruciating pain is felt in the stomach. Besides this effect on the stomach, it produces excessive vomiting, violent spasmodic contractions of the muscles of the abdomen, twitchings, and convulsive motions of the hands. A person who has taken a sufficient quantity of arsenic to destroy life, generally dies about nine hours after having taken it. During that time, he suffers the most excruciating agony until within two hours of his death, when his pain is somewhat mitigated; he is then convulsed, his body is perfectly pallid, and covered with a cold perspiration, and his evacuations pass off involuntarily." The oxymuriate of mercury (corrosive sublimate) is also used for the purpose of destroying life. It produces vomiting and purging, great depression of strength, coldness of the extremities,

and death frequently ensues in the course of a few hours. "What I should advise you to do, (continues Sir A. Cooper,) would be to mix a quantity of soap with warm water, making it in as thick a lather as you can, and give it in large quantities to the patient: mild drinks should be given to a very considerable extent." The "stomach pump" may be also successfully employed for the removal of mineral poisons.—To obviate the poisonous effects of *lead*, where there is much pain and spasm, the warm bath, and large doses of castor oil, and emetics, should be employed. Those who have eaten provisions prepared in a copper vessel, badly tinned, are occasionally attacked, a short time afterwards, with symptoms characterising the effects of verdigris; in which cases, powdered charcoal has proved highly beneficial when other remedies have failed.

ANIMAL POISON.—The sting of the *wasp* and the *hornet* gives rise, in many cases, to very great pain and severe inflammation. The best application to mitigate the effects of the sting of these animals, is composed of one drachm of opium rubbed down in an ounce of oil: put some of this on lint, and lay it over the wound, occasionally changing it; at the same time, the bowels should be kept open. The bite of the *viper* not unfrequently proves destructive of life. In this case, Sir A. Cooper recommends that the part which has been stung should be cut out, and a ligature applied above the wound, (if the situation will admit of it,) which will generally prevent absorption. On this subject Mr. Abernethy remarks, that "the bite of vipers occasions considerable inflammation and discolouration of the bitten parts. It has been said that by applying a ligature about the part, it will prevent the progress of inflammation, and it may be tried. The local inflammation may be soothed by tepid bathing

and poultices, and anointing the parts with sweet oil."

"**HYDROPHOBIA** is a disease so different in its character, so opposed to those arising from any of the other poisons,—so marked in its nature, so horrid in its effects,—that, upon seeing it, no one could hesitate to form a correct opinion as to the nature of the malady. The first symptom a person experiences who has been bitten by a rabid animal is pain in the injured part, which is usually felt from the third to the fifth week; the next symptom is a sense of chilliness, succeeded by rigour and heat; and then a difficulty of swallowing is felt, not of liquid in particular, but of any substance. The best mode of treatment which can be adopted is immediately after the part has been bitten, to cut it out; first ascertaining at what depth the teeth have entered, and taking care to excise a sufficient quantity, and to leave no part of the injury remaining. Where this has been done directly after the injury, I believe it has been successful in preventing the disease. As for medical remedies, when the symptoms have once appeared, I am not acquainted with any. Every medicine has been tried over and over again, and all have been found alike ineffectual; the only thing in the way of medicine calculated to do good is that which has lately been adopted in France, viz. the injection of warm water into the veins.* To make the employment of the remedy safe, and to prevent pressure of the brain, the same quantity of blood should be previously abstracted as it is intended there should be water injected: with this precaution, I think the remedy a very proper one. I think the blood may be let flow from one vein while the water is injected at another."† Mr. Abernethy advises that

* For this discovery the world is indebted to that celebrated physiologist, M. Magendie.

† "Lectures on Surgery," by Sir A. Cooper.

the affected parts should be washed with soap and water, and afterwards be completely cut out. The patient must be kept quiet, and a drop or two of croton oil put into his mouth. Mr. A. says that by using caustic the injury is redoubled, and the neighbouring parts unnecessarily destroyed.

As our limits do not admit of our treating of this subject at large, we think our object will be best accomplished by the following tabular statements; the first column contains the *names* of the poisons that are most frequently taken by accident or design; the second the *symptoms*, that follow; and the last the *remedies and mode of treatment* when medical aid is not at hand. But we nevertheless advise, in every case where poisons have been taken, recourse to the best medical assistance at once. But though we recommend, if possible, in such cases, instant medical advice, it often happens that none is at hand, and if we wait the arrival of a medical man, the patient may be irrecoverably lost; the judgment, therefore, must, in such case, be exercised at once. No one ought, therefore, to be unacquainted with the following

TABLE.

<i>Poisons.</i>	<i>Symptoms.</i>	<i>Treatment.</i>
ARSENIC.	Nausea, vomiting of bloody matter. Frequent stools of a black and offensive character, a weak and frequent pulse, with extreme thirst.	Vomiting to be encouraged by large draughts of sugared water, flax seed tea or other emollient fluids.
BRASS or COPPER, such as Blue Vitriol; <i>Verdigris</i> , or food cooked in dirty copper vessels; half pence, &c.	Severe vomiting, with incessant straining to vomit, and black bloody stools.	Large draughts of milk and water, and the whites of eggs stirred up with water and taken freely; or sugar taken freely.
NITRE, or SALT PETRE.	Painful vomiting, purging convulsions, feeble pulse, cold extremities and fainting.	Similar to that for arsenic.
LEAD, such as the Sugar of Lead, Red Lead, White Lead or Wines sweetened by Lead.	Constriction in the throat, pain in the stomach, obstinate, painful, and frequently bloody vomiting.	A weak solution of Epsom or Glauber's salts should be drank plentifully to produce vomiting.
CORROSIVE SUBLIMATE. (<i>Oxymuriate of Mercury.</i>)	Great thirst; burning sensation in the throat; vomiting, sometimes of bloody matter, and extreme pain in the stomach and bowels.	Whites of eggs mixed in water; milk in large quantities, flax seed tea, sugar and water, or a solution of gum arabic.
ACIDS, such as Oil of Vitriol, Aqua Fortis, Muriatic Oxalic, or Tartaric Acids, &c.	Acute pain in the throat, stomach and bowels, frequent vomiting of bloody fluid of an acid character.	Mix an ounce of calcined magnesia with a quart of water, and give a glass full every two minutes. Soap or chalk may be used till magnesia can be obtained. If oil of vitriol has been taken, the lump magnesia (the carbonate) is preferable to the calcined.

<i>Poisons.</i>	<i>Symptoms.</i>	<i>Treatment.</i>
ALKALIES: viz. Potash, Soda, Ammonia, Lime, &c.	Nearly the same as the above.	Vinegar or lemon juice; a spoonful or two in a glass of water very frequently; or simply warm water.
GLASS, or ENAMEL.	If taken in a coarse powder, produces irritation and inflammation of the bowels.	Large quantities of crumb of bread, pudding or any thing of that kind, should be freely taken to prevent internal injury; afterwards an emetic.
ALCOHOL: Brandy, Rum, Gin, Wine, &c.	<i>Intoxication</i> : when taken in large quantities, insensibility, apoplexy, or paralysis, countenance swollen, and of a dark red colour: breathing difficult; often death.	A powerful emetic; vomiting to be encouraged by warm water and large clysters of salt water; if the head be very hot, cold wet cloths may be applied; if the extremities be cold, friction. ¶ See the last paragraph in Part IV. page 149.
IRRITATING VEGETABLE POISONS: viz. Monk's hood, meadow-saffron, Ipecac, hellebore, bear's foot, savine, &c.	Acrid taste; excessive heat; violent vomiting; purging, great pain in the stomach and bowels. Externally applied, many of them produce inflammation, blisters, pustules, &c.	If vomiting be produced, large draughts of warm water, or thin gruel, to render it easier. If insensibility be present, white vitriol or other active emetic: after the operation of which, a brisk purgative; then a strong infusion of coffee or vinegar diluted with water.
NARCOTIC or STUPEFACTIVE POISONS: Opium, Laudanum, henbane, poppies, prussic acid, the oil, extract and distilled water of cherry laurel; the bitter almonds, the strong scented lettuce, the nightshade, the yew, the lentil, &c.	Stupor; desire to vomit; heaviness in the head; dilated pupil of the eye; delirium; speedy death.	Four or five grains of emetic tartar in a glass of water. If this does not succeed, four grains of blue vitriol, as an emetic. Do not give large quantities of water. After the poison has been ejected give vinegar, lemon juice, or cream of tartar and strong coffee.
ACRID NARCOTICS. Mushrooms, nux vomica, the upas, coculus indicus, tobacco, hemlock, deadly nightshade, stramonium, fox glove, &c.	Mushrooms produce nausea, heat; pain in the bowels and stomach; vomiting; purging; thirst; convulsions; cold sweat; death. None of the others inflame the parts they touch. Internally applied, they generally produce rigidity, convulsions and death.	Three grains of emetic tartar in a glass of water: in fifteen minutes the dose to be repeated. For mushrooms, after vomiting, frequent doses of salts.
POISONOUS FISH: Oldwife, lobster, crab, dolphin, conger eel, muscle, &c.	In an hour or two, or sooner, after some fish have been eaten, more especially if stale, weight at the stomach, sickness, giddiness, thirst, &c. come on; in some cases death.	An emetic; vomiting to be encouraged by tickling the throat with the finger, and by draughts of warm water. After vomiting an active purgative: afterwards vinegar and water, or water sweetened with sugar and an addition of ether. After the evacuations, laudanum.

Poisons.

POISONOUS SERPENTS,
&c. The Viper or adder, Rat-
tlesnake, &c.

Symptoms.

A sharp pain in the wound-
ed part, soon extending over
the body; great swelling; first
hard and pale, then reddish;
faintings, vomitings, convul-
sions, inflammation, often ex-
tensive suppuration, gangrene
and death.

Treatment.

A moderately tight ligature
to be applied above the bite
and the wound left to bleed,
after being washed in warm
water. The actual cautery, lu-
nar caustic, or butter of anti-
mony, to be applied; then
lint, dipped in equal parts of
olive oil and spirit of harts-
horn. Ligature to be remov-
ed if the inflammation be con-
siderable. Warm diluting
drinks, with small doses of
ammonia or hartshorn, to
cause perspiration. The pa-
tient should be well covered
in bed, drinking occasionally
warm wine. If gangrene or
mortification threaten, wine
and bark must be freely given.

*The Indian remedy is to suck
the wound immediately.*

VENOMOUS INSECTS;
Tarantula, scorpion, hornet,
wasp, bee, gnat, spider, &c.

In general, only a slight de-
gree of pain and swelling;
sometimes sickness and fever.

Hartshorn and oil, salt and
water applied to the wound:
a few drops of hartshorn may
be taken internally in a glass
of water.

The sting may in general be
removed by making a strong
pressure over it with the bar-
rel of a small watch-key.

BURNS AND SCALDS.

It is a principal object to prevent the
blister from breaking, as a considerable
discharge might be the consequence, and
danger apprehended. Sir James Earle
and other eminent practitioners, recom-
mend the use of cold water, or even ice;
but Mr. Abernethy is of a different
opinion.* Mr. A. recommends the use
of the oil of turpentine mixed with ba-
silieon; to give the patient a little warm
wine, and a few drops of opium, and af-

terwards to place him in a warm bed.
“Recollect however, (says Mr. Aberne-
thy,) that this stimulating plan of treat-
ment is not to be continued after the
equilibrium of the temperature is restor-
ed.” The following has been in use,
for a length of time, in St. Thomas’s
Hospital:

Take of olive oil, three ounces; lime wa-
ter, four ounces. This may be placed
over the affected part with a feather or
camel’s hair pencil.

If any fever be present, a mild purgative
should be administered. The diet must
be of the mildest description. When
the part begins to heal, the following
may be applied:

Take of sulphate of zinc, twelve grains;
cold water, half a pint.

If the parts be followed by an inflamma-

* “I am of opinion that the sudden transi-
tion frequently causes the destruction of the
part. After a person has been scalded or burnt,
he is chilly and cold; his pulse is feeble, his
respiration is hurried and weak, and the whole
nervous system is injured.”—Mr. Abernethy.

tory action and sloughing, there is frequently a great demand upon the vital powers of the system to separate the slough, and even the energies of the parts surrounding the slough become fatigued. In such cases, a gradual support to the system will be necessary: "this (observes Mr. Abernethy) is one of the most delicate points to manage, viz. the degree of support necessary to afford the system, without the danger of bringing about too much reaction." Burns produced by gunpowder, must first have the cause removed by the point of a needle; and afterwards, an emollient poultice should be applied. In order that the most correct treatment for burns and scalds should be known, Mr. Abernethy lately recommended his pupils to dip two of their fingers in boiling water, and let them be fairly scalded; then to take them out, put one in a basin of cold water, and dress the other with the turpentine and basilicon, "I do not want to try; (remarked Mr. A. ;) I have decided already, and therefore, have no occasion to scald my fingers." In addition to the opinion of Mr. Abernethy, we beg to subjoin that of Sir A. Cooper:—"Lime water and milk has been commonly used; but oil of turpentine is the best application. Give opium and wine as long as the chilly state continues; but as soon as the heat is developed, and the pulse has recovered its power, do not continue it any longer; other means must then be employed to reduce the inflammation.

BRUISES AND SPRAINS.

For the slighter kinds of bruises and sprains, the best treatment consists in giving rest to the affected part, and using either of the following, three or four times a day:—

Take of acetated liquor of ammonia, one pint; spirits of wine, three ounces. Or, Take of white hard soap, three ounces; spirits of wine, half a pint; spirits of

hartshorn, four ounces; camphor, one ounce.

If there be any inflammation present, several leeches must be applied to the part, or eight or ten ounces of blood drawn from the arm. The patient should be at perfect rest, and after the bleeding, a poultice must be applied. The state of the constitution should be consulted; for if the patient be weak, it will be highly necessary for him to use a nourishing diet. Regard must be paid to the state of the bowels: and if any weakness remain from the effects of the accident, cold water may be pumped on the part every morning, and a calico bandage worn for a length of time to support it. In all cases of dislocation and fracture, immediate application should be made to an experienced surgeon: in giving this advice, however, we are perfectly aware that many operations require but little surgical knowledge, and are attended with very trifling inconvenience, when even performed by "a person of common sense and resolution;"* yet we are also aware, that many a limb is either rendered useless, or ultimately lost, by

* Dr. Graham observes, (*Modern Domestic Medicine*, p. 175.) "that any person of common sense and resolution, who is present when a dislocation happens, may often be of more service to the patient than the most expert surgeon can after swelling and inflammation have come on." It is almost unnecessary to make any remark upon so vague an assertion; for the most eminent practitioners admit, that the unskilful application of force to a dislocated or fractured limb, is sure to increase the mischief. Dr. Graham, however, forgot to mention his source of information: we, therefore, beg to say, that in Dr. Buchan's "*Domestic Medicine*," under the head "*Dislocations*," the reader will find the precise quotation. From what we have seen of Dr. Graham's work, we are led to believe, that he (like his prototype Dr. Buchan) did not like "to trouble his readers with an useless parade of quotations from different authors, but has adopted their observations where his own were defective, or totally wanting."—See Preface to Dr. Buchan's *Domestic Medicine*.

“any person” attempting to accomplish those acts which professional skill alone is enabled to contend with. We again repeat, surgical aid is necessary; and until that aid can be obtained, the patient must keep the affected part as quiet as possible. After a simple dislocation is reduced, you may apply cloths dipped in vinegar, Goulard water, or spirit of wine and water. The part must be properly bandaged, and continued so for a length of time; and the patient should be extremely careful not to exert himself too frequently.

CUTS.

ALL that is required to be done for a trifling cut, is to wash away the blood and dirt with a sponge and cold water, bring the edges of the wound as close together as possible, and then put on a piece of adhesive plaster, (strapping). If the wound be large, a space should be left between each slip of plaster. The plasters should remain for several days, to give time for the wound to unite: when the pain is great, or if inflammation be present, it will be necessary to take a little opening medicine. The bleeding may usually be stopped by pressure; but the application of a cobweb scarcely ever fails. Should the joint of a finger be nearly separated, the foregoing means must be resorted to.

SUBSTANCES STOPPED BETWEEN THE MOUTH AND THE STOMACH.

WHEN substances are stopped in the tube which leads to the stomach, they check the breath, frequently produce inflammation, and sometimes occasion fatal consequences. As soon as an accident like this occurs, the substance should, if possible, be extracted immediately; for which purpose the fingers may be used; but should they not be sufficient, a surgeon's instrument must be employed; sometimes, however, a

bunch of thread with several small nooses, secured upon the end of a piece of whalebone, will frequently be serviceable in removing sharp pointed bodies, as fish-bones, needles, &c. should this fail, a piece of sponge may be fastened to the whale bone, and passed into the stomach, and when it becomes enlarged by moisture, it most frequently brings away any foreign substance which may be present: the enlargement of the sponge may be forwarded by the patient swallowing a little water. Vomiting will sometimes succeed; though this should not be attempted when the substance is sharp and pointed. When the substance cannot be forced down into the stomach, it has frequently made its way to the surface of the body, where an abscess has been formed, out of which the substance has been discharged; or should the substance, in such a case, obstruct the breathing, or if it cannot be felt externally, it is highly necessary that an opening be made in the windpipe. If pebbles or other small substances fall into the windpipe, it is absolutely necessary that a surgeon should operate immediately.

SUSPENDED ANIMATION.

WHEN persons die from hanging or drowning, the face is swollen and suffused with dark coloured blood; when from inhaling any noxious gas, the countenance is pale; when from lightning, the face is pallid, the limbs are flexible, and the blood thin; and when from intense cold, the countenance is pale, and the limbs are rigid. The most destructive vapours are the carbonic acid, hydrogen, and nitrogen gases; as also those which are emitted from animal and vegetable matter in a state of putrefaction. Carbonic acid gas is the most common; it is met with in close apartments where charcoal has been burnt, at the bottom of large beer casks, in cellars where a large quantity of

wine or liquor is in a state of fermentation, and in many natural caverns or cellars. Where this vapour is thought to exist, a lighted candle should be let down; and if there be a sufficient quantity of it to destroy life, the flame will be instantly extinguished.—When death is occasioned by lightning, the whole frame is instantaneously exhausted of its nervous power; when from intense cold, it is invariably preceded by a strong inclination for sleep, which, if indulged, would be generally fatal. Extreme cold deprives the body of all its animal heat, exhausts it of its sensibility of touch, and gradually extinguishes life.

DROWNING.

Treatment.—(If apparently drowned*)—Send quickly for medical assistance; but do not delay the following means:—1. Convey the body carefully, with the head and shoulders in a raised position, to the nearest house.†—2. Strip the body, and rub it dry; wrap it in hot blankets, and place it in a warm bed in a warm chamber.—3. Wipe and cleanse the mouth and nostrils.—4. In order to restore the natural warmth of the body, move a heated covered warming-pan over the back and spine; put bladders or bottles of hot water, or heated bricks to the pit of the stomach, the arm-pits, between the thighs, and to the soles of the feet; foment the body with hot flannels; (if possible, immerse the body in a warm bath, as hot as the hand can bear, as this is preferable to the other means of restoring warmth;) rub the body briskly with the hand; do not, however, suspend

the use of the other means at the same time.—5. In order to restore breathing, introduce the pipe of a common pair of bellows, (where the apparatus of the Humane Society is not at hand,) into one nostril, carefully closing the other and the mouth: at the same time, drawing downwards and gently pushing backwards the upper part of the wind-pipe, to allow a more free admission of air. Blow the bellows gently, till the breast be a little raised; the mouth and nostrils should then be set free, and a moderate pressure made with the hand upon the chest: repeat this process till life appear.—6. Electricity to be employed early by a medical assistant.—7. Inject the stomach by means of an elastic tube and syringe, with half a pint of warm brandy and water, or wine and water.—8. Apply sal volatile or hartshorn to the nostrils.

HANGING.

In attempting the recovery of those who have hung themselves, the same means are to be resorted to, with the addition of bleeding.

INHALATION OF GASS.

In a suspension of animation from the inhalation of noxious vapours, the patient must be removed into a cool fresh air, frequently dashing cold water on the breast, neck, and face. If the body be cold, apply warmth, as recommended for the drowned. Let the lungs be inflated with the warm breath of a healthy man; and let electricity be early employed.

LIGHTNING.

The treatment to be employed where animation is suspended by lightning, is the same as is laid down for the first variety (drowning.)

EXPOSURE TO COLD.

In the management of those who have been so long exposed to extreme cold,

* According to the means recommended by the Royal Humane Society.

† Great care should be taken in removing the body, that it be not bruised, or shaken violently, or in any way roughly handled, nor carried on the shoulders with the head hanging down, nor rolled on the ground, on a barrel, &c.; such methods, formerly resorted to with the view of causing the water to flow out of the stomach, are now considered highly injurious.

as to be apparently dead, the body must be restored to its natural warmth by slow degrees; by first rubbing it all over with snow, ice, or cold water. After this friction has been employed for some time, the body must be wiped quite dry, submitted to the friction of several warm hands, then wrapped in flannel, and placed in a warm room. At this stage, the lungs should be inflated with warm air, and a little luke-warm wine and water conveyed into the stomach. In these cases, it is highly dangerous to apply heat too freely; but it is quite necessary that the means abovementioned should be persevered in for a considerable time. When infants have been overlayered or suffocated by the inattention of their nurses, or when animation is suspended by convulsions, the same mode of treatment must be pursued as is laid down for "suffocation by drowning."

INTOXICATION.

WHEN a person is apparently dead

from intoxication, the body should be placed on a bed between blankets, with the head raised; particular care being taken that the neckcloth and all other bandages be removed. As the treatment must be regulated by the state of the patient, medical assistance should be instantly procured; but in the mean time, the feet and legs of the patient may be put into warm water, and a sharp purgative clyster be administered. If necessary, the elyster may be repeated, and bottles of hot water applied to the calves of the legs and the feet. Should a person become tipsy from the use of a small quantity of fermented or spirituous liquors, we would advise him to take twelve drops of the pure water of ammonia in a large glassful of water; this will generally be found serviceable; but should it not succeed, it may be repeated in about a quarter of an hour.

PART V.

FAMILY PRESCRIPTIONS—MEDICINAL PREPARATIONS— DOMESTIC MATERIA MEDICA.

Family Prescriptions.

CLYSTERS.

COMPOSING CLYSTER.—Add thirty, forty, or sixty drops of laudanum to four ounces of olive oil,—or to four ounces of thin starch, warm.

PURGING CLYSTER.—Dissolve an ounce of Epsom salt in a pint of barley-water, or thin gruel, and then add two ounces of olive oil.

DECOCTIONS.

BARLEY WATER.—Take of pearl barley, two ounces; water, five pints: wash the barley carefully, then boil it in half a pint of water for a few minutes; throw the water away; add the remainder boiling; boil down to two pints, and strain.

COMPOUND DECOCTION OF ALOES.—Take of extract of liquorice, half an ounce; subcarbonate of potash, two scruples; extract of spiked aloes, powdered myrrh, and saffron, of each a drachm; water, a pint: boil down to twelve fluid ounces. From half an ounce to four ounces taken of a morning, is a very mild, yet effective purgative.

COMPOUND DECOCTION OF SARSAPARILLA.—Take of sarsaparilla, sliced, four ounces; boiling water, four pints; macerate for four hours, in a covered vessel, near the fire, and then bruise it.—Return it to the boiling liquor, and macerate for four hours longer, first

adding of guaiacum shavings, of sassafras, and bruised liquorice-root, of each an ounce; of mezeron-root bark, three drachms: then boil over a brisk fire for ten minutes, and strain. This is similar to the Lisbon diet drink: it is useful as an alternative in combination with Plummer's pill.

COMPOUND BARLEY WATER.—Take of the above simple decoction of barley, two pints; figs, sliced, two ounces; liquorice-root, sliced, half an ounce; raisins, stoned, two ounces; water, a pint: boil down to two pints and strain. Either of these form excellent drinks in fevers, or any long protracted illness; they greatly relieve thirst, and at the same time are agreeable to the palate.

DECOCTION OF BARK.—Take of lance-leaved Peruvian bark, bruised, an ounce; water, a pint: boil for ten minutes, and strain, while hot.

DRAUGHTS.

COMMON BLACK DRAUGHT.—Take of infusion of senna, an ounce and a half; manna, two drachms; Epsom salt, three drachms; spirit of sweet nitre, half a drachm:—mix.

COOLING FEVER DRAUGHT.—Take of subcarbonate of potash, a scruple; cinnamon-water, two drachms; common water, an ounce and a half; syrup of orange-peel, a drachm: mix, and when taken, add a table-spoonful of lemon-

juice, or fifteen grains of citric acid, powdered, and drink it immediately.

DRAUGHT FOR SPASMS.—Take of ammoniated tincture of valerian, one drachm; tincture of castor, a drachm; Battley's sedative liquor of opium, twenty drops; camphor mixture, an ounce:—mix.

DRAUGHT FOR THE NERVOUS.—Take of compound tincture of bark, of ammoniated tincture of valerian, each one drachm; compound tincture of aloes, ten drops; camphor mixture, an ounce and a half:—mix. It may be repeated three times a day, if occasion require.

DRAUGHT FOR HEARTBURN.—Take of almond mixture, two ounces; pure water of ammonia, twenty drops:—mix.

DR. FARRE'S OPENING DRAUGHT.—Take of rhubarb, powdered, twelve grains; of sulphate of potash, half a drachm; of allspice water, ten drachms; of sweet spirit of nitre, half a drachm:—mix.

EMETIC DRAUGHT.—Take of emetic tartar, one grain; powder of ipecacuanha, sixteen grains; water, an ounce and a half:—mix.

EMETIC DRAUGHT, IN CASES OF POISON.—Take of blue vitriol, ten grains; distilled water, two ounces:—mix. Twenty grains of white vitriol will answer the same purpose.

FEVER DRAUGHT.—Take of Mindererus's spirit, three drachms; camphor mixture, ten drachms; ipecacuanha wine, thirty or forty drops; syrup of tolu, half a drachm:—mix. To be repeated every four hours.

PURGING DRAUGHT.—Take of Epsom salt, Glauber's salt, each, two drachms; spearmint water, an ounce and a half; antimonial wine, twenty drops; tincture of senna, three drachms:—mix.

SLEEPING DRAUGHT.—Take of subcarbonate of potash, a scruple; lemon-juice, an ounce; cinnamon-water, an ounce and a half; laudanum, twenty,

thirty, or forty drops; syrup of tolu, a drachm:—mix.

TONIC DRAUGHT.—Take of carbonate of ammonia, five grains; decoction of bark, ten drachms; syrup of ginger, one drachm:—mix. This and the former are to be taken thrice a day.

EYE WATERS.

ASTRINGENT.—Dissolve six grains of sulphate of zinc, in four ounces of rose water. This is very useful for inflamed eyes.

ANOTHER.—Mix ten drops of extract of lead, and two drachms of distilled vinegar, with four ounces of distilled water.

ELECTUARIES.

ASTRINGENT ELECTUARY.—Take of extract of catechu, an ounce; kino, six drachms; nutmeg and cinnamon, of each, two drachms; opium, dissolved in white wine, twenty grains; syrup of roses, boiled to the thickness of honey, nine ounces. Powder the solid articles; then mix them with the wine and syrup, so as to form an electuary. The dose is from a scruple to two drachms; and it is an excellent medicine in bloody flux, or long continued looseness of the bowels.

ELECTUARY FOR THE PILES.—Take of flour of brimstone, half an ounce; lenitive electuary, two ounces; cream of tartar, three drachms; oil of cinnamon, three drops; syrup of orange-peel, enough to form the whole into a proper consistency. A tea-spoonful should be taken once or twice a day, so as to keep the bowels regular.

EMBROCATIONS.

FOR SPRAINS AND BRUISES.—Take of compound liniment of camphor, an ounce and a half; tincture of opium, half an ounce:—mix.

FOR INFLAMED BRUISES.—Take of

solution of acetate ammonia, and soap liniment, of each one ounce :—mix.

FOR HOOPING COUGH.—Dissolve one drachm of emetic tartar, in two ounces of common water; then add half an ounce of tincture of Spanish fly :—mix.

SIR ASTLEY COOPER'S CHILBLAIN LINIMENT.—Take of camphorated spirit, one ounce; of Goulard's extract, half an ounce :—mix. This should be applied three or four times a day.

STRONG STIMULATING LINIMENT.—Take of strong liniment of ammonia, an ounce and a half; spirit of turpentine, half an ounce :—mix.

EMULSIONS.

ALMOND EMULSION.—Take of almond confection, two ounces; common water, a pint; mix gradually and strain.

COUGH EMULSION.—Take of gum ammoniac, two drachms; water, half a pint: rub the ammoniac, then slowly add the water, and strain.

EGG EMULSION.—Rub together the yolks of two or three eggs and a little white sugar, with a pint of cold water; adding afterwards, a glass of white wine and a little lemon juice. Any of the above are useful in common coughs; they may be taken in doses of one, two, and three table spoonfuls thrice a day.

EMULSIONS OF GUM ARABIC.—Take of powdered gum arabic, two drachms; sweet almonds blanched, and white sugar, of each, half an ounce; barley water, warm, a pint; dissolve the gum in the barley water, then pour it slowly upon the almonds, previously beaten with the sugar; rubbing them so as to form a milky mixture; then strain.

FOMENTATIONS.

ANODYNE FOMENTATION.—Take of white poppy heads, three ounces; elder flowers, half an ounce; water, three pints :—boil to one pint, and strain.

COMMON FOMENTATION.—Take of dried mallows, an ounce; chamomile

flowers, half an ounce; water, a pint :—boil for fifteen minutes, and strain.

STRENGTHENING FOMENTATIONS.—Take of decoction of oak bark, two pints; alum, three drachms :—mix.

GARGLES.

ACID GARGLE.—Take of muriatic acid, half a drachm; barley water, half a pint :—mix.

GARGLE FOR INFLAMMATION.—Take of purified nitre, two drachms; barley water, seven ounces; simple oxymel, seven drachms :—mix, and use frequently.

GARGLE FOR PUTRID SORE THROAT.—Take of tincture of capsicum, six drachms; honey of roses, three drachms; infusion of roses, half a pint :—mix.

GARGLE FOR THREATENED GANGRENE.—Take of tincture of capsicum, six drachms; infusion of bark, five ounces; port wine, three ounces :—mix.

MUCILAGINOUS GARGLE FOR INFLAMMATION.—Take of tincture of myrrh, three drachms; emulsion of gum arabic, half a pint :—mix.

INFUSIONS.

COMPOUND INFUSION OF GENTIAN.—Take of gentian-root, sliced, half an ounce; dried orange peel, bruised, coriander seed, bruised, of each, a drachm; boiling water, twelve ounces: let it stand for an hour, and then strain.

COMPOUND INFUSION OF LINSEED.—Take of linseed, an ounce; liquorice-root, sliced, half an ounce; boiling water, two pints: let it stand for four hours near the fire, and then strain.

COMPOUND INFUSION OF SENNA.—Take of senna leaves, an ounce and a half; ginger root, sliced, a drachm; boiling water, a pint: let it stand for an hour, and strain.

INFUSION OF PERUVIAN BARK.—Take of bruised bark, half an ounce; boiling water, half a pint; let it stand in a covered vessel for two hours, and then strain.

INFUSION OF COLUMBA.—Take of columba root, bruised, a drachm; boiling water, half a pint: let it stand for four hours, then strain, and add half an ounce of spirit of cinnamon.

LOTIONS.

ANODYNE LOTION.—Take of crude opium, two drachms, and dissolve carefully in a pint of boiling water.

COOLING LOTION.—Take of sal ammoniac, two drachms; water, five ounces; rectified spirit of wine, an ounce:—mix.

NITRIC ACID LOTION.—Take of diluted nitric acid, two drachms; water, a pint:—mix.

SUPERIOR GOULARD WATER.—Take of extract of lead, a drachm; distilled vinegar, two ounces; proof spirit of wine, half an ounce; water a pint:—mix.

MIXTURES.

BARK MIXTURE.—Take of decoction of bark, six ounces; tincture of bark, two drachms; muriatic acid, forty drops:—mix. Take a wine-glass full every two, three, or four hours.

CORDIAL BARK MIXTURE.—Take of bark powder, a drachm; aromatic powder, twenty-five grains; tincture of bark, three drachms; decoction of bark, five ounces and a half; muriatic acid, forty drops:—mix. Take a wine-glass full every three or four hours.

DIURETIC MIXTURE.—Take of purified nitre, two drachms; mixture of gum ammoniac, six ounces; compound spirit of juniper, an ounce and a half; vinegar of squills, six drachms:—mix. Take a table-spoonful every four hours.

DR. SCUDAMORE'S GOUT MIXTURE.—Take of calcined magnesia, four scruples; Epsom salt, six drachms; spearmint water, five ounces; wine of meadow saffron, syrup of common saffron, of each, half an ounce:—mix. Take one or two table-spoonfuls every six hours, as may be requisite.

EMETIC MIXTURE.—Take of emetic tartar, four grains; water, three ounces; syrup of mulberries, two drachms:—mix. Take two table-spoonfuls every ten minutes, till it operate. This must not be given to children.

FOR RECENT COUGH.—Take of honey, five ounces; treacle, a quarter of a pound; best vinegar, seven ounces: simmer over the fire for ten minutes; remove the mixture from the fire, and when it has grown lukewarm, add two drachms of ipecacuanha wine. Take a table-spoonful every four hours.

FOR HABITUAL COUGH.—Take of mixture of gum ammoniac, cinnamon water, of each, two ounces and a half; ipecacuanha wine, two drachms; pectoric elixir, half a drachm; syrup of tolu, six drachms:—mix. Take a table-spoonful every four hours.

FEVER MIXTURE.—Take of subcarbonate of potash, two drachms; purified nitre, half a drachm; camphor mixture, six ounces; simple syrup, three drachms:—mix. Take for a dose two table-spoonfuls, mixing it with a table-spoonful of lemon juice, and drinking it while in effervescence: this may be repeated every four hours.

PURGING MIXTURE.—Take of Epsom salt, Glauber's salt, of each half an ounce; spearmint water, five ounces; antimonial wine, two drachms; tincture of senna, an ounce:—mix. Take a wine-glass full every three hours, till it operate.

STOMACHIC MIXTURE.—Take of compound infusion of gentian, five ounces; subcarbonate of soda, one drachm; tincture of cascarilla, half an ounce:—mix. Take three table-spoonfuls thrice a day.

TONIC MIXTURE FOR INDIGESTION.—Take of infusion of columba, five ounces and a half; syrup of orange peel, two drachms: compound tincture of cinnamon, two drachms:—mix. Take two table-spoonfuls thrice a day.

OINTMENTS.

GOLDEN OINTMENT.—Take of purified quicksilver, an ounce; nitric acid, eleven drops; lard, six ounces; olive oil, four ounces; dissolve the mercury in the acid, then mix the hot solution, with the oil and lard melted together. This is an excellent ointment for sore eyes, scald head, and most sorts of ulcers. When first used, it should be mixed with an equal quantity of simple ointment.

OINTMENT OF GALL.—Take of gall, finely powdered, ten drachms; camphor, half a drachm; lard, an ounce:—mix. A good ointment for piles.

OPHTHALMIC OINTMENT.—Take of white precipitate of mercury, prepared tutty, prepared calamine, of each, two drachms; compound tincture of Benjamin, a drachm; lard, three drachms: the precipitate, tutty, and calamine, being repeatedly rubbed, and afterwards well mixed, the lard is next to be added, and lastly the tincture. This is a celebrated and excellent application for inflamed eyes.

SULPHUR OINTMENT.—Take of flour of sulphur, three ounces; lard, half a pound; essence of bergamot, twenty drops:—mix. This is a good application for the itch.

SATURINE CERATE.—Take of powdered sugar of lead, two drachms; white wax, two ounces; olive oil, half a pint: melt the wax in seven fluid ounces of the oil, then slowly add the sugar of lead, separately mixed in the remaining oil, and stir with a piece of wood, till they be properly mixed. An excellent dressing for burns, scalds, and excoriations. It should be applied twice a day.

SIR H. HALFORD'S PILE OINTMENT.—Take one ounce of golden ointment, and the same quantity of almond oil: mix them carefully in a mortar. Apply this ointment to the part affected once or twice daily.

TURNER'S CERATE.—Take of prepared calamine, yellow wax, of each, half a pound; olive oil, a pint: mix the oil with the melted wax; then take the mixture from the fire, and when it begins to thicken, add the calamine, stirring constantly until it cool. This is a very good healing ointment, and is proper for all common occasions.

PILLS.

ALTERATIVE PILLS.—Take of calomel, twenty grains; James's powder, twenty-five grains; resin of guaiacum, two scruples: rub them well in a mortar for ten minutes, then make them into a mass with conserve of hips, and divide into twenty pills: one or two to be taken every night, or every other night.

CHALYBEATE PILLS.—Take of sulphate of iron, two scruples; subcarbonate of potash, fifteen grains; myrrh, in powder, a drachm; compound powder of aloes, two scruples: form into a mass, and divide into forty pills. Two to be taken three times a day.

COUGH PILLS.—Take of myrrh in powder, a drachm and a half; sulphate of zinc, ten grains: mix with a little syrup, and divide into twenty-four pills. One or two to be taken every five or six hours.

DR. PLUMMER'S PILLS.—Take of calomel, fifteen grains; precipitate sulphuret of antimony, fifteen grains; gum guaiacum, half a drachm: rub them in a mortar together for ten minutes, then, with a little conserve, form them into fifteen pills. One to be taken every night and morning.

FOR THE JAUNDICE.—Take of socotrine aloes, rhubarb powdered, and Castile soap, of each, two scruples; oil of juniper, ten drops; syrup enough to form into thirty pills. Take two, three times a day.

FOR RED GRAVEL.—Take of dried subcarbonate of soda, a drachm; aromatic

powder, a scruple; Castile soap, a scruple; balsam of capivi, enough to form into twenty pills. Three to be taken thrice daily.

FOR THE AGUE.—Take of sulphate of quinine, half a drachm; extract of gentian, a drachm:—mix, and divide into twenty pills. One to be taken every third, fourth, or fifth hour.

MILD APERIENT PILLS.—Take of compound extract of colocynth, two scruples; compound rhubarb pill, twenty-five grains; castile soap, twelve grains; oil of juniper, five drops: form into a mass, and divide into twelve pills. One or two to be taken at bed time occasionally.

PILLS FOR COMMON COUGH.—Take of extract of hemlock, two scruples; ipecacuanha in powder, eight grains; calomel, two grains; hemlock in powder, enough to form a mass: divide into fifteen pills. Two to be taken every eight hours. Or,

Take of extract of hemlock, extract of white poppies, each, half a drachm; ipecacuanha, powdered, fifteen grains: beat into a mass, and divide into thirty pills. Two to be taken twice a day.

PILLS FOR THE DROPSY.—Take of blue pill, a scruple; squill, in powder, fifteen grains; conserve enough to form a mass:—divide it into fifteen pills. One to be taken every eight hours.

PILLS FOR CHRONIC COUGH AND ASTHMA.—Take of compound squill pill, a drachm and a half; ipecacuanha, in powder, a scruple: mix with syrup, and divide into twenty pills. One to be taken every four or five hours.

PURGATIVE PILLS.—Take of compound extract of colocynth, compound rhubarb pill, each, half a drachm; calomel, twelve grains; oil of carraway, five drops; syrup, enough to make a mass. Divide it into fifteen pills: one, two, or three to be taken at bed time, occasionally.

SIR H. HALFORD'S APERIENT PILL.—Take of blue pill, twenty grains;

compound extract of colocynth, half a drachm:—mix, and divide into twelve pills. One or two to be taken for a dose every second or third night.

STRENGTHENING PILLS.—Take of subcarbonate of iron, two drachms; ipecacuanha, in powder, one scruple; extract of gentian, two scruples; socotorine aloes, powdered, eight grains; simple syrup or mucilage, enough to form a mass: divide into forty pills. Take two or three twice or thrice a day.

TO EXCITE PERSPIRATION.—Take of opium, six grains; camphor, twelve grains; James's powder, twelve grains; conserve enough to form into twelve pills. One to be taken at bed time, occasionally.

PLASTERS.

ADHESIVE PLASTER.—Take of yellow resin, half a pound; lead plaster, three pounds: melt the lead plaster by a gentle heat, then add the resin in powder, and mix. This is the plaster commonly applied to cuts, and to hold together the edges of recent wounds.

ANODYNE PLASTER.—Take of hard opium powdered, half an ounce; resin of spruce fir, powdered, three ounces; lead plaster, a pound, melt the plaster and resin together, then add the opium, and mix.

CORN PLASTER.—Take of purified ammoniac, yellow wax, of each, two ounces; acetate of copper, six drachms; melt the first two ingredients together, and after removing them from the fire, add the verdigris, just before they grow cold. Spread the plaster on soft leather or linen; very carefully pare away as much of the corn as you can, without making it bleed; then apply the plaster, and renew it in a fortnight, if necessary.

PLASTER FOR COUGH.—Take of Castile soap, an ounce; lead plaster, two drachms; sal ammoniac, finely powdered, half a drachm: melt the soap and plaster together, and when they are nearly cold, add the sal ammoniac.

STRENGTHENING PLASTER.—Take of litharge plaster, four ounces; white resin, one ounce; yellow wax, olive oil, of each, half an ounce; red oxide of iron, one ounce: rub the iron with the oil, and adding the other ingredients melted, mix the whole.

WARM PLASTER.—Take of blistering plaster, one part: burgundy pitch, seven parts:—melt them together, so as to form a plaster. This is an excellent application to relieve any obstinate local pain.

POULTICES.

LINSEED MEAL POULTICE.*—Scald your basin by pouring a little hot water into it; then put a small quantity of finely ground linseed meal into the basin, pour a little hot water on it, and stir it round briskly, until you have well incorporated it; add a little more meal and a little more water, then stir it again. Do not let any lumps remain in the basin, but stir the poultice well, and do not be sparing of your trouble. Take as much of it out of the basin as you may require, lay it on a piece of soft linen, let it be about a quarter of an inch thick, and so wide that it may cover the inflamed part; then take a bit of hog's-lard on the top of your knife, and put it in the centre of the poultice, and when it begins to melt, draw the edge of the knife lightly over the surface of the poultice, and you will spread the grease over it.

BREAD AND WATER POULTICE.—Put half a pint of hot water into a pint basin, add to this as much of the crumb of bread as the water will cover, then place a plate over the basin, and let it remain about ten minutes; stir the bread about in the water, or, if necessary, chop it a little with the edge of a knife, and drain off the water by holding the knife on

the top of the basin, but do not press the bread as is usually done; then take it out lightly and spread it about one third of an inch thick on some soft linen, and lay it upon the part. If the part to which it is applied be a wound, a bit of lint dipped in oil, may be placed beneath the poultice. "This poultice (says Mr. Abernethy) may be made with poppy water, if thought necessary; it may be made with the hemlock juice, if recently expressed, which is a very good application to irritable sores; but there is nothing better that I know of, than the bread poultice to broken surfaces."

MUSTARD POULTICE.—Take of mustard seed, and linseed, of each, (in powder) half a pound; hot vinegar, a sufficient quantity: mix them to the thickness of a poultice, and the poultice will be fit for use.

YEAST POULTICE.—Take of flour, a pound; yeast of beer, half a pint:—mix, and expose the mixture to a gentle heat, until it begin to swell, when it is fit for use.

POWDERS.

ASTRINGENT POWDER.—Take of Dover's powder, ten grains; aromatic powder, ten grains:—mix. If the bowels be very loose, this powder may be repeated every three or four hours.

DIURETIC POWDER.—Take of powdered jalap, ten grains; of cream of tartar, two drachms:—mix.

EMETIC POWDER.—Take of ipecacuanha, in powder, fifteen grains; of emetic tartar, a grain:—mix.

FEVER POWDER.—Take of James's powder, four grains; calomel, a fourth of a grain; compound powder of tragacanth, six grains:—mix. This powder may be given every eight hours, in honey or jelly.

MILD APERIENT POWDER FOR CHILDREN.—Take of powdered rhubarb, eight grains; of sulphate of potash, eight grains:—mix.

* The linseed meal and bread and water poultices are agreeably to the directions given by Mr. Abernethy, in an address delivered by him at the Royal College of surgeons.

POWDER FOR RHEUMATISM.—Take of bark powder, a scruple; ipecacuanha, powdered, one grain; aromatic powder, two grains :—mix. This powder may be repeated every three or four hours.

PURGATIVE POWDER.—Take of calomel, three grains; jalap, in powder, rhubarb, in powder, each, six grains :—mix. This, and all powders containing calomel, must be taken in something thick; as honey, treacle, or current jelly.

WORM POWDER.—Take of calomel, three grains; compound powder of scammony, ten grains :—mix. This powder should be taken twice or thrice a week, till the worms be expelled.

TINCTURES.

ASTRINGENT TINCTURE.—Take of extract of catechu, three ounces; cinnamon bark, bruised, two ounces; proof spirit, two pints :—let it stand for fourteen days, and filter. A tea-spoonful or two may be taken in water, or in a little chalk mixture, every four hours.

BITTER TINCTURE.—Take of gentian root, sliced, two ounces; orange-peel, dried, an ounce; cardamom seeds, bruised, half an ounce; proof spirit, two pints :—let it stand for a fortnight, and filter. A tea-spoonful or two to be taken three times a day.

COMPOUND TINCTURE OF BARK.—Take of powdered bark, two ounces; dried orange-peel, an ounce and a half; Virginian snake root, bruised, three drachms; saffron, a drachm; cochineal in powder, two scruples; proof spirit, twenty fluid ounces : let it stand for a fortnight, and then filter. This is the same as Huxham's tincture of bark. The dose is from one to three tea-spoonfuls in a little cinnamon water.

ETHEREAL TINCTURE OF ALOES.—Take of socotorine aloes, myrrh, of each, in powder, an ounce and a half; English saffron, an ounce; sulphuric ether, with alcohol, a pint : digest the myrrh

with the ether for four days, in a closed bottle, then add the saffron and aloes : let it stand for four days longer, and then strain. This tincture, in doses of a tea-spoonful twice or thrice a day, in peppermint water, is an agreeable stomachic.

NERVOUS TINCTURE.—Take of valerian-root, four ounces; aromatic spirit of ammonia, two pints :—let it stand for a fortnight, and filter. A tea-spoonful or two may be taken occasionally in a little milk and water.

STRENGTHENING TINCTURE FOR THE WEAK AND NERVOUS.—Take of compound tincture of bark, two ounces and a half; ammoniated tincture of valerian, six drachms; ethereal tincture, or compound tincture of aloes, six drachms :—mix. This is an excellent medicine for hysterical patients; a tea-spoonful or two should be taken three times a day, in a little milk and water.

TINCTURE FOR RHEUMATISM.—Take of guaiacum, in powder, four ounces; aromatic spirit of ammonia, a pint and a half :—let it stand for fourteen days, and filter. One or two tea-spoonfuls may be taken thrice a day on loaf sugar.

TINCTURE OF RHEUBARB.—Take of rhubarb-root, sliced, two ounces; cardamom seeds, bruised, an ounce and a half; saffron, two drachms; proof spirit, two pints :—let it stand for two weeks in a gentle heat, and filter. A table-spoonful of this tincture, and a table-spoonful of the tincture of senna, mixed, forms an excellent aperient for delicate stomachs.

WARM PURGATIVE TINCTURE.—Take of senna leaves, three ounces; caraway seeds, bruised, three drachms; cardamom seeds, bruised, a drachm; raisins, stoned, four ounces; best brandy, two pints :—let it stand for two weeks, and filter. The dose is from one to two or three table-spoonfuls. This is superior to Daffy's elixir.

Patent Medicines.

AMERICAN SOOTHING SYRUP.—Simple syrup, tincture of opium and alum, coloured either with saffron or alkanet-root.

AROMATIC LOZENGES OF STEEL.—Sulphate of iron, and tincture of cantharides.

BALSAM OF HONEY.—Balsam of tolu, honey, of each, one pound; rectified spirits of wine, one gallon.

BARCLAY'S ANTIBILIOUS PILLS.—Extract of colocynth, two drachms; extract of jalap, one drachm; almond soap, one drachm and a half; guaiacum, three drachms; tartarized antimony, eight grains; essential oil of juniper, carraway, and rosemary, of each, four drops.

BATEMAN'S PECTORAL DROPS.—Sweet fennel seeds, two pounds and a half; aniseeds, one pound; proof spirit, four gallons; water, a sufficient quantity; distil ten gallons, to which add opium, seven ounces and four drachms; camphor, six ounces; prepared kali, one ounce; red coral, four ounces.

BRITISH OIL.—Oil of turpentine, eight ounces; Barbadoes tar, four ounces; oil of rosemary, four drachms.

CHELTENHAM SALTS.—Glauber's salt and Epsom salt, of each, an equal quantity; then dry in an oven, and powder.

CHELSEA PENSIONER.—Guaiacum, one drachm, rhubarb, in powder, two drachms; cream of tartar, an ounce; flour of sulphur, two ounces; one nutmeg finely powdered. Make into an electuary with one pound of clarified honey. Take two spoonfuls night and morning.

COMMON DUTCH DROPS.—Flowers of sulphur, four ounces; oil of turpentine, eight ounces:—dissolve.

DAFFY'S ELIXIR.—Senna leaves, four ounces; santile wood shavings, dried elecampane root, aniseeds, carraway seeds, coriander seeds, liquorice root, of each, two ounces; stoned raisins, eight ounces; proof spirit, six pounds.

DALBY'S CARMINATIVE.—Tincture of opium, four drachms and a half; tincture of assafœtida, two drachms and a half; oil of carraway, three scruples; oil of peppermint, six scruples: tincture of castor, six drachms and a half; rectified spirits of wine, six drachms. Put two drachms in each bottle, with one drachm of magnesia, and fill up with simple syrup and a little rectified spirits of wine.

ESSENCE OF COLT'S FOOT.—Equal parts of the balsam of Peru and the compound tincture of benzoin, to which is added, double the quantity of rectified spirits of wine.—Dr. Paris says, if a patient with a pulmonary affection, were to recover by the use of this remedy, he should rather designate it as a lucky escape than a skilful cure.

FEMALE PILLS.—Vitriolated iron, twelve grains; socotorine aloes, one drachm and a half; finely powdered Spanish flies, twenty-four grains; essential oil of carraway, twenty drops.

FORD'S BALSAM OF HOREHOUND.—Horehound and liquorice root, of each, three pounds and a half; boil in six pints of water; strain and add twelve pints of brandy; one ounce of camphor; quarter of an ounce of opium; flower of Benjamin, an ounce; dried squills, two ounces; oil of aniseed, one ounce; honey, three pounds and a half.

FREEMAN'S BATHING SPIRITS.—Soft soap, six pounds; camphor, eight ounces; rectified spirits of wine, water, of each, three gallons: colour with Daffy's elixir.

GODBOLD'S VEGETABLE BALSAM.—Honey and vinegar.

GODFREY'S CORDIAL.—Venice treacle, ginger, of each, two ounces; rectified spirits of wine, three pints; oil of sassafras, six drachms; water, three gallons; treacle, fourteen pounds; tincture of opium, four pints.

GOWLAND'S LOTION.—Bitter almonds, one ounce; sugar, two ounces; distilled water, two pounds; grind together, then strain and add corrosive sublimate, two scruples, previously ground with rectified spirits of wine.

GUESTONIAN EMBROCATION.—Olive oil and oil of turpentine, of each, one ounce and a half; spirit of vitriol, three drachms.

HOOPER'S FEMALE PILLS.—Salt of steel, two ounces; powder of aloes with cinnamon, one pound; mucilage of gum tragacanth and tincture of aloes, of each, a sufficient quantity to form the mass.

JACKSON'S ITCH OINTMENT.—Hogslard, palm oil, sulphur vivum, white hellebore powder, of each, an equal quantity.

JESUIT'S DROPS.—Gum guaiacum, one pound; Peruvian balsam, three drachms; rectified spirits of wine, two pounds and a half.

MAJOR COCKRANE'S COUGH MEDICINE.—White poppy heads without seeds, half a pound; water, six pints, boil to two pints; strain, and boil down to one pint; then add vinegar and brown sugar, of each, one pound; boil to a syrup; and lastly, add a sufficient quantity of diluted vitriolic acid to make it pleasant.

MARSHAL'S CERATE.—Palm oil, five drachms; calomel, one ounce; sugar of lead, half an ounce; ointment of nitrate of mercury, two ounces.

NORRIS'S DROPS.—Emetic tartar, dissolved in rectified spirits of wine, and then coloured.

OXLEY'S CONCENTRATED ESSENCE OF JAMACIA GINGER.—Ginger, one

ounce; rectified spirits of wine, one pound.

RADCLIFF'S PURGING ELIXIR.—Tincture of aloes, two pints; tincture of jalap, tincture of gentian, of each, eight ounces; proof spirit, two pints; scammony, jalap, and senna, in powder, of each, four drachms.

ROCHE'S EMBROCATION, (For the Hooping Cough).—Olive oil, sixteen ounces; oil of amber, eight ounces. Scent strongly with oil of cloves.

RUSPINI'S TINCTURE FOR THE TEETH.—Orris root, eight ounces; cloves, one ounce; essence of ambergris, one ounce; rectified spirits of wine, two pints.

RYMER'S CARDIAC TINCTURE.—Capsicum, camphor, lesser cardamoms, rhubarb, aloes, and castor, in proof spirit, with a few drops of oil of vitriol.

SCOTT'S PILLS.—Barbadoes aloes, one pound; black hellebore root, jalap root, prepared kali, of each, one ounce; oil of aniseed, four drachms; simple syrup, a sufficient quantity.

SOLOMON'S BALM OF GILEAD.—An aromatic tincture (of which cardamoms form the principal ingredient) made with brandy.

SPEEDIMAN'S PILLS.—Aloes, myrrh, rhubarb, and extract of chamomiles, equal quantities.

SPILSBURY'S ANTISCORBUTIC DROPS.—Corrosive sublimate, gentian root, dried orange-peel, of each, two drachms; crude antimony, one drachm; rectified spirits of wine, eight drachms; water, eight drachms.

SQUIRE'S ELIXIR.—Opium, four ounces; camphor, one ounce; cochineal, one ounce; oil of sweet fennel seeds, two drachms; tincture of snake root, one pint; spirits of aniseed, two gallons; water, two pints.

WARD'S WHITE DROPS.—Quicksilver, four ounces; spirit of nitre, one pound; dissolve; add prepared ammonia, seven ounces; evaporate and crys-

tallize ; then dissolve each pound of salt in three pints and a half of rose water.

WARD'S PASTE FOR FISTULA AND PILES.—Black pepper, elecampane root, of each, one pound ; sweet fennel seeds,

three pounds ; honey and white sugar, of each, two pounds.

WHITEHEAD'S ESSENCE OF MUSTARD.—Oil of turpentine, camphor, and spirits of rosemary ; to which is added, flour of mustard.

Domestic Materia Medica.

ALOES.

ALOES is a bitter, warm, stimulating purgative, which acts chiefly upon the lower bowels. It is an useful medicine in habitual costiveness, hypochondriasis, jaundice, green sickness, and scrofula. The dose is from five to fifteen grains, made into pills, with a little soap and mucilage of gum arabic. Aloes form the basis of most of the aperient pills in common use, such as Dixon's, Hooper's, and Fothergill's.

ANTIMONIAL WINE.

THIS preparation is a very useful emetic ; and, in small doses, it promotes the action of the skin, and produces gentle perspiration. When it is intended to induce vomiting, from two tea-spoonfuls to two table-spoonfuls should be given ; when, on the contrary, it is mixed with Mindererus's spirit and spirit of nitre : in the common saline draught, from five to twenty drops in each dose will be sufficient.

ARSENIC.

A VERY small quantity of this poison will produce vomiting, purging, tremors, and even palsy ; but, when properly administered, it is a medicine of great efficacy, either as a tonic or a caustic. Arsenic is sometimes employed in cases of cancer ; but it is not so safe as any of the preparations of iron. It should never be used without the sanction of a medical practitioner.

ARTIFICIAL ASSES' MILK.

THE value of asses' milk in consumption is well known ; but it is much too expensive for ordinary use. The following is an excellent substitute for it, and may be used in the same way as the real. Take of eryngo root and pearl barley, each, half an ounce ; liquorice root, three ounces ; water, a quart ; boil it down on a gentle fire to a pint, and strain ; then add an equal quantity of cow's milk, warm, and it is fit for use.

AROMATIC CONFECTION.

THIS, in combination with chalk, mucilage of gum arabic, and other astringents, forms an excellent medicine for the purpose of moderating excessive looseness of the bowels. The dose is from ten grains to a drachm, or more, according to age and circumstances.

ASSAFŒTIDA.

THIS is a powerful remedy in spasmodic complaints, and is of great benefit in hysterics, low spirits, windy colic, and in the coughs of the nervous and infirm. The dose is from five grains to a scruple ; and it is best given in pills, on account of its nauseous taste. In hysterics, a drachm of assafœtida may be used, with an ounce and a half of peppermint water, two drachms of ammoniated tincture of valerian, and two drachms of sulphuric ether. A table-

spoonful of the mixture may be given every two hours.

BALSAM OF CAPIVI.

CAPIVI acts on the bowels, and increases the flow of urine. It is useful in the whites, and in that state of the womb sometimes occurring on the final cessation of the menses, which is attended with a thin unhealthy discharge, and great bearing down. It is beneficial in piles and old coughs. The dose is from twenty drops to a drachm, either on sugar, or mixed with soft water, by means of the mucilage of gum arabic.

BALSAM OF PERU.

THIS balsam is of use in old coughs, whites, and palsy; as also in rheumatism, after the inflammation has subsided. From ten drops to a drachm, may be given three times a day. It is a good outward application for foul ulcers: a piece of lint, large enough to cover the sore, should be dipped in the balsam, and laid over the ulcer. The dressing should be changed twice a day.

BALSAM OF TOLU.

SYRUP OF TOLU is a good medicine for the coughs of children. Two teaspoonfuls may be given at any time when the cough is annoying. Tolu lozenges are made by mixing together eight ounces of fine sugar, one ounce of cream of tartar, two drachms of starch, and a drachm of the tincture of balsam of Tolu, which are to be brought to a proper consistence, and formed into lozenges with mucilage of gum tragacanth.

BARK.

MODERN practice is averse to the indiscriminate use of bark. It was formerly held as a specific in ague, and to be particularly serviceable in typhous; Dr. Clutterbuck and Dr. Armstrong,

however, decidedly object to bark being used in any stage of typhous or ague. Even the admirers of this medicine do not sufficiently define its uses, so as to warrant its administration without being specially prescribed.

BLACK DROP.

THIS is a most powerful anodyne, and very superior to laudanum or solid opium, because it does not affect the head or confine the bowels. The following is the method of preparation:—take half a pound of opium sliced, three pints of verjuice, one ounce and a half of nutmegs, and half an ounce of saffron, boil them to a proper thickness, then add a quarter of a pound of sugar, and two table-spoonfuls of yeast: set the whole in a warm place near the fire, for six or eight weeks, then place it in the open air till it becomes a syrup; lastly, decant, filter, and bottle it up, adding a little sugar to each bottle. The common dose of the black drop is twelve or twenty drops; but it is often given to the extent of thirty drops.

BLUE PILL.

ACCORDING to the opinion so frequently expressed by Mr. Abernethy, this mercurial pill is of great service in disorders of the digestive organs, and in many diseases which originate in congestion or obstruction, whether external or internal. That eminent surgeon employs this pill in almost all cases, without taking into consideration the peculiar circumstances of the malady; but as he prescribes it in very small doses, it never becomes injurious: two grains and a half, or three grains, every second night, is the usual quantity ordered to be taken. Dr. Philip, of Hanover-square, who is a very skilful physician, and possesses a considerable experience in indigestion, considers a grain, or a grain and a half, repeated twice or thrice a day, to be preferable to administering

the same quantity in a single dose at night.

BLUE VITRIOL.

BLUE VITRIOL, or sulphate of copper, is a powerful emetic and astringent. In doses of from two to twelve grains, in two ounces of water, it operates very quickly as an emetic; and a solution of it in water, is a good application to foul ulcers.

BURNT SPONGE.

BURNT SPONGE is given for the Derbyshire neck, and other scrofulous swellings; if steadily persevered in, it will generally reduce the size of such enlargements, and has often been known to cure them. The dose is from one to two drachms, twice a day, mixed into an electuary with powdered cinnamon, bark, and honey.

BROOM TOPS.

DR. PARIS, of Dover-street, strongly recommends the use of a decoction of broom tops for several species of dropsy. A decoction may be made by boiling an ounce of the green tops in a pint of water, down to half a pint. Two table spoonfuls, with twenty drops of sweet spirit of nitre, may be taken three or four times a day, till it operate freely.

CALOMEL.

THIS celebrated mercurial preparation has been in use for more than two hundred years; and is more used than almost any other remedy in the *Materia Medica*. It is purgative and antispasmodic; but its most remarkable property is the power which it possesses of checking acute inflammation. Indeed, there are few complaints attended with fever, in which it is not beneficial; calomel, however, should never be given without being particularly prescribed.

COLUMBA.

THIS is a very valuable bitter. It possesses little stimulus or astringency, and is therefore peculiarly suitable as a tonic, in consumption, hectic fever, and indigestion. It is very useful in cholera morbus and child-bed fever, and it will greatly allay the nausea and vomiting so troublesome in pregnancy. The dose of the powdered root is from fifteen grains to half a drachm, three or four times a day. Of the infusion, an ounce and a half, or two ounces, may be taken in the same manner. Dr. Good and Dr. Paris speak highly of the use of columba.

CAMPHOR.

CAMPHOR mixture, in quantities of from a wine glass full to half a pint, taken twice or thrice a day, is a good medicine in hysterical affections, or for nervous disorders generally. Six or eight grains of camphor taken in pills, will often procure sleep where opium disagrees, fails, or is improper; and if dissolved in spirit of wine, or olive oil, will form an excellent liniment for rheumatic pains, or injuries of the muscles. Two drachms of camphor dissolved in an ounce of oil of turpentine is a celebrated remedy for the tooth-ach. The dose of camphor is from three grains to a scruple, frequently repeated; but this is not a remedy to be relied upon in a case of danger.

CASTOR OIL.

THIS substance, when good, is thick, viscid, transparent, and colourless, or of a pale straw colour. It is a mild purgative, operating very speedily, and causing so little pain, as to make it very fit for diseases where the stimulating purgatives would do harm, as piles, inflammation of the bowels, and all cases of costiveness arising out of great debility. It is an excellent purgative for infants and children, and for lying-in women; but in obstinate costiveness, where

life depends on copious stools being procured, castor oil must not be trusted to, as it will bring away some of the fluid contents of the bowels, leaving the hardened fæces untouched. The dose is from three tea-spoonfuls to two table-spoonfuls, either floating on water, and covered with a little spirit, or diffused in a cup of coffee or in water, by mixing it with the yolk of eggs. The addition of one or two tea-spoonfuls of tincture of ginger or cardamoms, will make it sit easily on the stomach.

CARBONATE OF AMMONIA.

THIS is frequently of service in gout, hysterics, and indigestion, especially when there is much acid in the stomach. It is very useful in those disorders of the digestive organs which are caused by irregularity and debauchery, and in cases of muscular weakness, so common after attacks of rheumatism. It is a good medicine in hoarseness, occasioned by a relaxed state of the throat, and sometimes in malignant scarlet fever. With a little scent, and an equal quantity of carbonate of potash, it will form a most excellent smelling salt. The common dose is from five to twenty grains, which is generally taken in a little water.

CARBONATE OF SODA.

THIS is frequently prescribed for indigestion, and usually combined with infusion of gentian, columba, or cascarrilla. In cases of red gravel, and occasionally of gout, it does good. In combination with tartaric acid and water, it forms soda water, which is an excellent cooling beverage; proper in fevers and all stomach disorders. A scruple of the dried carbonate of soda, and eighteen grains of citric acid, with a lump of sugar, in a tumbler of water, forms a very agreeable effervescing draught, which will be found highly grateful during the heat of summer. The dose of carbo-

nate of soda is from ten grains to a drachm, two or three times a day.

CARBONATE OF POTASH.

THIS salt, similar in quality, is not so pleasant in its operation as the carbonate of soda, which, on that account is preferred, except in the formation of saline draughts, for which this is superior. The effervescing saline draught, so beneficial in all cases of fever, is made by mixing a scruple of carbonate of potash with a table-spoonful of lemon juice, and three or four ounces of water, which may be sweetened with syrup or sugar.

CHAMOMILE FLOWERS.

THESE flowers are a warm tonic, and are of service in gout, green sickness, indigestion, and weakness of the stomach and bowels. The cold infusion, with carbonate of soda is the best form: taken warm, the infusion is emetic. The extract of chamomile flowers is valuable as a vehicle to form preparations of iron into pills. The dose of the powder is from half a drachm to a drachm, two or three times a day; of the infusion, from one to two ounces, and of the extract, from ten grains to a scruple. Chamomile flowers are often boiled with poppy heads, in water, for fomentations, and they are sometimes applied hot, as a poultice.

CINNAMON.

CINNAMON is used with advantage in diarrhœa, proceeding from a feeble state of the bowels, and for indigestion and nervous debility. It is chiefly employed to make more powerful remedies palatable. The compound powder of cinnamon is an excellent medicine where a cordial or aromatic is wanted; it is given in doses of from eight to twenty grains. Oil of cinnamon is a strong stimulant, and is beneficial in cramp of the stomach, indigestion, and nervous-

ness. Three or four drops may be given occasionally on a lump of sugar.

CHELTENHAM SALTS.

THE compound vended with the name of Cheltenham salts, is made in the following manner :

Glauber's salt.....	120 grains
Epsom salt.....	66 grains
Common salt.....	10 grains
Sulphate of iron....	1-2 grain

This powder may be kept in a stopper bottle for use; and, in doses of two, three, or four drachms, dissolved in water, will prove a very excellent purgative. In fact, it will be far superior to the salt procured by evaporating the Cheltenham water itself. Two drachms of this powder, dissolved in a pint of lukewarm water, and drunk regularly every morning before breakfast, will be quite as good for any medical purpose, as a pint of Cheltenham water taken at the Spa.

COMPOUND COLOCYNTH PILL.

THIS is an excellent aperient for habitual costiveness, head-ach, sickness at the stomach, and similar affections arising from indigestion. It will act sufficiently in doses of three, four, or five grains, taken nightly, or on alternate nights.

COMPOUND POWDER OF IPE- CACUANHA.

THIS medicine is useful in chronic rheumatism, disorders occasioned by suppressed perspiration, in old coughs, spasmodic asthma, and in looseness, and dysentery. Given in doses of three or four grains, its operation is gentle; but an increased quantity will produce profuse perspiration. These opiates are called for to assuage pain, and often answer better than either laudanum or solid opium. When administered for dysentery, or looseness, the best method is to give it in three or four grain pills, every four or five hours; but if it be

wanted to bring on a plentiful perspiration, ten grains is a proper dose.

COMPOUND POWDER OF JALAP.

THIS is a milder medicine than simple jalap powder. It is a very gentle yet effective purgative, and is proper for children in worm cases, and in dropsy. The dose is from one to two scruples for adults, and about half as much for children.

COMPOUND RHUBARB PILL.

THIS is a composition of rhubarb, scotrine aloes, myrrh, and oil of peppermint. It is an excellent warm aperient pill, adapted to prevent costiveness, and strengthen the bowels when weakened by indigestion; is a good purgative in gout, nervous disorders; and, with scarcely any exception, in all diseases of debility. The dose is eight or ten grains formed into two pills, and taken twice a day.

COMPOUND SQUILL PILL.

THIS pill acts on the bladder, and promotes expectoration. It is an effectual remedy for difficulty of breathing and asthma. Combined with small doses of calomel, it is useful in dropsy. The dose is five or ten grains, three times a day.

COMPOUND TINCTURE OF BENJAMIN.

THIS tincture was formerly known under the name of Friar's Balsam, and was once much employed, as stimulant and expectorant, in obstinate coughs, asthma, and shortness of breath, and as an healing application for recent wounds and unhealthy ulcers. It should not be applied to cuts, because it is likely to inflame and irritate them, but it is of use in indolent ulcers. Sometimes it is serviceable for old coughs and asthma. Its carminative and balsamic qualities make it agreeable to the stomach of the infirm and aged. The dose is from thirty drops

to a drachm, taken twice or three times a day, on a lump of sugar.

COWHAGE.

For worms, and particularly the *round worm*, cowhage is frequently serviceable. The best mode of employing it is to dip the pods in syrup or treacle, and then with a knife to scrape off the hairs along with the syrup, and when it grows as thick as honey it is fit for use. The dose of this mixture, for a child of three or four years old, is a tea-spoonful given in the morning for three days, and then followed by some active purgative.

CORROSIVE SUBLIMATE.

This violent poison is of course utterly unfit to be employed in domestic practice, even although its healing powers may be remarkable. So dangerous a remedy ought always to be regulated exclusively by some experienced medical man. *Gowland's Lotion* is a solution of *corrosive sublimate* in milk of bitter almonds; and it is the chief ingredient in *Spilsbury's Antiscorbutic Drops*, *Solomon's Anti-impetiginous*, *Green's Drops*, *Ward's White Drops*, &c.

ELIXIR OF VITRIOL.

In low fevers, indigestion, inordinate discharge of urine, and eruptions of the skin, elixir of vitriol is very serviceable. From its astringent powers it is beneficial against profuse sweating and inward bleedings. In cases of fever, it is commonly mixed with some bitter infusion, and to check internal bleedings, with mucilage or infusion of roses. The dose is from twenty to forty drops, three or four times a day.

EMETIC TARTAR.

This very active preparation of antimony is capable, by proper management, of becoming an important remedy. It must, however, be administered with the most anxious care, as too large a

dose may be attended with baneful results.

EPSOM SALTS.

This is an invaluable purgative medicine. It operates readily, without occasioning pain, and though extremely nauseous in taste, it is often retained in the stomach, when every thing else has been thrown up. It operates better, and more readily, when mixed with an equal quantity of Glauber's salt, and should it be too cold for the stomach, it may be dissolved in luke-warm water, and a little tincture of senna added. Two drachms of these salts dissolved in a pint of tepid water, and taken every morning, or on alternate mornings, fasting, is quite as salutary as a course of any of the medicated waters. By taking gentle exercise in the open air, while using this medicine, its purgative effects will be diminished, and act more on the urine. Epsom salt is always most effective when largely diluted with water. The dose is from a drachm to an ounce or two, dissolved in any convenient fluid. When it is designed to overcome some inward obstruction, it is best taken in doses of a drachm or two, in half a pint of water, which may be repeated every morning.

ETHER.

In typhous and low fevers, spasmodic asthma, hysterics, and fainting, ether is frequently serviceable. It is also employed in cholera morbus, to check the vomiting, and it will sometimes alleviate the violence of sea sickness. As its effects are momentary, the dose must be repeated every hour or two, in order to secure the full operation of the remedy. The common dose is from half a drachm to two drachms; but it may be given to the extent of half an ounce.

GAMBOGE.

This is a very violent cathartic, and

will often excite vomiting, even in moderate doses. It is occasionally proper in obstinate costiveness and dropsy. When given for dropsy, it should be combined with squills and cream of tartar. The best form is the compound gamboge pill, the dose of which is from ten to fifteen grains at bed-time.

GLAUBER'S SALT.

THIS is a sulphate of soda, once in very general use as a purgative, but now much neglected for Epsom salt, which it greatly resembles in its properties. It may be taken in doses of from one to eight or ten drachms. A combination of the two salts is more certain and pleasant in operation.

GUAIACUM.

GUAIACUM wood is one of the chief ingredients in the decoction of woods, an excellent remedy in eruptions of the skin, rheumatism, and some of the symptoms of the venereal disease. The dose of gum guaiacum is from ten grains to half a drachm, made into pills, or a bolus, with a little conserve of roses, and taken every night, or night and morning. The ammoniated tincture of guaiacum is better for most purposes: it may be given in doses of from thirty drops to two drachms, three times a day. It must not be mixed with water, but taken on a lump of sugar, or in thin mucilage of gum arabic or tragacanth.

GUM AMMONIAC.

AMMONIAC may be used with advantage in asthma and chronic cough; and for this purpose the mixture of ammoniac is a good form; but it is scarcely ever given alone, being chiefly a vehicle for squills or ipecacuanha. It is applied externally, in the form of a plaster, to reduce indurated tumours, and white swellings of the joints. The dose of ammoniac in substance, is from ten to twenty grains.

GUM ARABIC.

PIECES of gum arabic are sometimes put into the mouth, and allowed to dissolve slowly, in order to allay the sensation of tickling, which occasions the cough in catarrh and consumption of the lungs. The mucilage of gum arabic is made by dissolving four ounces of powdered gum in half a pint of boiling water. This, in doses of half an ounce or an ounce, is proper in looseness, dysentery, gravel, and scalding of urine, or as a good medium for opium and other remedies in such diseases.

HARTSHORN SHAVINGS.

THESE shavings contain a great deal of nutritive matter, and when dissolved in boiling water, and mixed with orange juice and sugar, with or without wine, according to circumstances, form a very suitable article of food for the sick and weakly. Four ounces of the shavings boiled in a quart of water till it be reduced to a pint, and then strained, afford a clear, transparent jelly.

HONEY.

WHEN mixed with a little water, honey forms an excellent wash for the skin, when chapped and excoriated by cold. A drachm of borax powdered, mixed with an ounce of honey, is a good application for thrush, and for all the excoriations and ulcerations of the mouth.

HELLEBORE.

DR. MEAD considers this root to be very serviceable in suppression of the menstrual discharge in full habits; but the tincture is decidedly the best form of administering it, which may be given in doses from thirty drops to a drachm, two or three times a day. Hellebore was formerly celebrated for the cure of insanity, dropsy, &c. but its powers are now much disputed.

HEMLOCK.

HEMLOCK is a powerful narcotic, and is used on that account, both outwardly and inwardly. It is beneficial in most scrofulous affections, and even in cancer, it greatly alleviates the patient's sufferings. In the concluding stage of whooping cough, and in consumption of the lungs, its employment is generally attended with considerable benefit. The fresh leaves, in the form of a poultice, are applied with advantage to painful and foul ulcers; or a poultice, for the same purpose, may be prepared with the dried powder and bread crumbs. The powder of the dried leaves, and the extract, are the forms in which it is given internally. The dose of the powder is from three grains, slowly increased to six or eight grains, twice or thrice a day. From five to twenty grains of the extract made into pills may be given two or three times a day.

IPECACUANHA ROOT.

WHEN given in large doses of ten, fifteen, or twenty grains, ipecacuanha is emetic; in smaller ones, of two or three grains, it acts on the skin, and promotes expectoration. As an emetic, it is superior to antimonials; for it clears the stomach without weakening it, and is much better calculated for children. In doses of two or three grains, repeated every three or four hours, till it operates by sweating, vomiting or purging, it is of the utmost service in dysentery and looseness of the bowels. In the same manner, it alleviates spitting of blood, whooping cough, and spasmodic asthma. In doses of a grain, or half a grain, every three or four hours, it is very beneficial for indigestion, and other stomach diseases. In such cases, it may be made into pills with a little hard soap, or be combined with steel or some bitter extract.

IRON.

PREPARATIONS of iron are very salutary to the human frame, for it is the only metal that produces any sensible effect that is not poisonous. Taken internally, it acts as a tonic. The complaints in which it is most serviceable, are those which are attended with a weak languid habit, as green sickness, indigestion, whites, hysterics, palsy, scrofula, rickets, and the last stage of consumption. The subcarbonate of iron is an excellent medicine for indigestion, head-ach, worms, scrofula, and green sickness. It is also used for cancer, when ulcerated internally, in very large doses, and externally by sprinkling it over the sore. The dose is from five to twenty grains, twice or thrice a day: it should be made into pills with extract of gentian. The sulphate of iron is one of its most active forms, and it may be given with benefit in all the above cases. The dose is from one to five grains, combined with extract of gentian. Tartarized iron possesses similar properties, but from its mildness, slight taste, and easiness of solution, it is more convenient for children. It has been extolled as a remedy for dropsy. The dose is from ten grains to half a drachm, in the form of powder or bolus, with five grains of aromatic powder. It may be given twice or three times a day.

JALAP.

JALAP is a powerful cathartic; its action on the bowels is brisk and effectual; and although it may gripe severely, it is safe and efficacious. It is an excellent purgative in the torpid state of the intestines, so common in low spirits, melancholy, and insanity; in worm cases, and the slimy state of the bowels to which children are liable, and to bring off the water by stool in dropsy. A drop or two of some essential oil, as the oil of

allspice or carraway should be added to each dose of jalap to prevent its griping. The dose is from ten grains to half a drachm, given in the form of powder, pills, or bolus.

DR. JAMES'S POWDER.

THIS excellent remedy answers, in a great measure, to the antimonial powder of the London Pharmacopœia; but in many important respects, it is certainly preferable. It operates on the skin, and as an alterative; and is of the utmost service in colds, coughs, the first stage of fevers, and all complaints of inflammation, as it alters in a very mild, and almost imperceptible way, the diseased state of the affected organs, and thus brings the malady to a favourable crisis. If it be given at an early period, the stomach and bowels having been previously cleared, it will often cut short fevers of the most alarming character. The addition of a small portion of calomel to each dose, greatly increases its efficacy; thus combined, it is useful in acute rheumatism, measles, small-pox, colds, and recent coughs. A grain and a half of James's powder, a grain of calomel, and two grains of guaiacum in powder, made into a pill, and given every night, forms an excellent alterative. In fever, inflammation, and other acute complaints, it must be given in larger doses, and more frequently, as three, four, or five grains, with half a grain of calomel, every four or five hours; and its operation is assisted by the patient's drinking freely of some warm diluting fluid during the day. As it will not dissolve in water, the best method of taking it is made into pills with conserve of hips.

JUNIPER BERRIES.

THESE have been long known as a remedy for dropsy, scorbutic and cutaneous affections. An infusion is made by pouring a pint of boiling water on three ounces of the bruised berries, a

tea-cup full of which may be taken three times a day. The usual dose of the oil of juniper is from three to twelve drops, combined with water, by means of sugar.

LAUDANUM, OR TINCTURE OF OPIUM.

THIS is a dangerous remedy in the hands of the unskilful, as it requires to be used with the greatest circumspection. About thirty-five drops of laudanum contain one grain of solid opium. The usual dose is from twenty drops to a drachm; and a greater quantity should never be taken, without first obtaining medical sanction.

LENITIVE ELECTUARY.

THIS is a mild and effectual aperient, and extremely proper to regulate the bowels of children, pregnant women, and all weakly persons. It may be employed alone or with sulphur and cream of tartar. Mixed with an equal quantity of sulphur, it forms an excellent remedy for piles. The dose is from one to three spoonfuls taken at bed time.

LIME WATER.

LIME WATER is strengthening, will remove acidities, and destroy worms. For indigestion, where there is much sourness of the stomach, in obstinate looseness, and whites, it is highly beneficial. Mixed with an equal quantity of milk, it is an admirable remedy for the bowel complaints of children. It is occasionally useful in cases of red gravel and stone. Milk disguises the taste of lime water without injuring its virtues. The dose is from half an ounce to half a pint, once or twice a day.

MAGNESIA.

THIS is a useful medicine in acidity of the stomach and bowels, especially for children, and is for them an excellent purgative, when combined with a little rhubarb. In heart-burn it is better

than chalk, if the bowels be confined. When gout and gravel are combined in the same patient, and magnesia can be so managed as to act mildly on the bowels, the symptoms of both these severe diseases will be much relieved by it. There are two preparations of this article, the calcined and the carbonate. When there is much flatus in the stomach, the former is the best. The dose of the calcined magnesia is from ten grains to half a drachm, taken in water or milk; of the carbonate of magnesia, from half a drachm to a drachm, or more.

MANNA.

MANNA is a very gentle laxative, peculiarly adapted for children, and persons whose bowels are very delicate. For complaints of the bladder it is extremely useful, and if persevered in for several weeks, in cases of habitual costiveness, it will frequently afford considerable relief. The dose for children is from one to four drachms, and for adults in proportion.

MEADOW SAFFRON.

THIS plant acts as a purgative and anodyne, and frequently yields relief in gout, rheumatism, and inflammatory diseases. It must, however, be used with the greatest caution and judgment, or instead of being serviceable, it may prove fatal. The wine of meadow saffron is the best mode of administering it.

MUSTARD SEED.

OF late years, mustard seed has become a popular remedy for indigestion and a host of other disorders. Where stimulants agree with the stomach, it may prove useful; but if the least inflammation be present, its use would prove injurious. Two or three tea-spoonfuls may be taken twice or thrice a day, if the patient should feel disposed to use this *wonderful* remedy.

MINDERERUS'S SPIRIT.

THIS is made by mixing together two ounces of the subcarbonate of ammonia, and four pints of distilled vinegar. It is generally used in fevers, to relieve heat, open the pores of the skin, and produce gentle perspiration. It forms a chief ingredient in the ordinary saline draught, and is given in combination with camphor mixture, antimonial wine, and purified nitre. The common dose is from half an ounce to an ounce, every three or four hours.

MYRRH.

MYRRH is a strengthening stimulant, and is therefore, of benefit in green sickness, old cough, habitual asthma, the last stage of consumption of the lungs, and indigestion, when attended with cough or wheezing. For indigestion, cough, and asthma, it should be combined with the sulphate of zinc, in the proportion of six or eight grains of myrrh, with half a grain of sulphate of zinc, made into pills with conserve of roses, and taken twice a day. It must never be given in the early stages of consumption; but where the lungs are actually ulcerated, it supports the patient, and is very serviceable. Eight or ten grains may be given three times a day, and the dose gradually increased to half a drachm. The tincture of myrrh, mixed with water, forms an excellent lotion for the gums, when in a spongy and diseased state, and is a good application for old ulcers. It is an excellent gargle in cases of putrid sore throat.

MURIATIC ACID.

DR. PARIS speaks highly of this acid, and says, that he has uniformly exhibited it in the most malignant cases of typhous fever, in the Westminster Hospital. Sometimes it will afford relief in indigestion. The dose is from ten to twenty drops, in a tea-cupful of barley water.

By pouring a little sulphuric acid on common salt, muriatic acid will be disengaged, which is of considerable service in destroying the infection in sick rooms, where inflammatory fever exists.

NITRE.

NITRE increases the flow of urine, and allays the heat of the skin. Taken in frequent small doses of eight or ten grains, it relieves thirst in fevers and inflammations, and diminishes the quickness of the pulse. It is not proper in typhous or hectic fevers. For the above disorders it is best given in doses of six or eight grains, every three or four hours, dissolved in water, and combined with Mindererus's spirit and antimonial wine. A small piece of nitre suffered to melt slowly in the mouth, will often prevent sore throats, and it is an useful addition to gargles.

NITRIC ACID.

DILUTED nitric acid is made by mixing one fluid ounce of nitric acid, with nine ounces of distilled water, and is beneficial in liver complaints, the debility produced by fever, and where the system has been injured by too large doses of mercury. The dose is from fifteen to thirty drops in a glass of water, three times a day. Nitric acid in the form of a lotion is of great service to foul and indolent ulcers.

OPIUM.

THE medicinal properties of opium are very great, and sometimes of the first importance in the treatment of diseases. It is unnecessary to particularize the complaints for which this narcotic is useful, for wherever beneficial, it has been prescribed. Opium is called "the quack's sheet anchor," for the various nostrums termed "cough drops," are preparations of opium. It is impossible to state the exact dose, as that varies according to the nature of the disease.

One grain of solid opium, or thirty-five drops of the liquid (laudanum,) is the quantity for a person unaccustomed to its use.

PAREGORIC ELIXER.

THIS medicine is made by mixing together two scruples of camphor, one drachm of hard opium powdered, one drachm of acid of benzoïn, and two pints of proof spirit, which are allowed to stand for a fortnight, and are then filtered. It is much used to soothe irritation and procure rest, in habitual cough, chronic asthma, and the latter periods of hooping cough. It may also be taken, with benefit, in recent colds and coughs, after the inflammatory symptoms have abated; but it is injurious if there be much fever or pain in the chest. Half an ounce of this elixer contains nearly a grain of opium. The dose to obtain ease in cough, is from one to two tea-spoonfuls.

POPPY HEADS.

POPPY HEADS are anodyne, and their medical properties are extracted in decoction with water. They are commonly boiled with chamomile flowers to form a fomentation for inflamed and ulcerated parts, in which manner they are frequently serviceable. The decoction is made by boiling, for fifteen minutes, four ounces of the white poppy heads bruised, in four pints of water, and then straining. The seeds should not be rejected in making the fomentation, as they contain a good deal of oil, which much increases its emollient qualities.

PRUSSIC ACID.

THIS is one of the most destructive of all narcotic poisons, if administered in too large a dose; but skilfully employed, it is occasionally of the greatest service. It is applied externally as well as internally; but we must caution our readers against its adoption, without medical sanction.

QUASSIA.

THIS is a very powerful bitter, and (as Dr. Paris observes) useful in weakness of the stomach, nervous irritability, intermittent, and bilious remittent fevers, looseness, and irregular gout. Infusion is the best form of giving quassia, which is made by pouring a pint of boiling water on a drachm of the shavings, and strained when cold. The dose is from one to two ounces, given twice or three times a day.

RHUBARB.

RHUBARB is stomachic, astringent, or purgative, according to the dose in which it is taken. In the dose of two, three, or four grains, twice or thrice a day, it acts as a valuable stomachic, strengthening the digestion, increasing the appetite, and promoting a healthy flow of bile; and is also of great service in jaundice and nervous complaints. In doses of from twelve grains to a scruple, it opens the bowels freely. It operates mildly, and may be given to the youngest infants; and, as a common purge for children, it is far superior to calomel, being equally efficacious, without possessing any dangerous property. When it is meant to purge, it should be combined with ten or fifteen grains of cream of tartar, which will disguise its taste, and make it act more readily. Such a powder has been much recommended by physicians of great skill, as very useful in relieving costiveness, bilious affections, enlarged bellies, and other complaints of children.

SAL AMMONIAC.

SAL AMMONIAC is seldom if ever given internally; but one ounce of it dissolved in nine ounces of water, an ounce of spirit of wine being afterwards added, forms an excellent application for indolent tumours and serofulous swellings.

SAL VOLATILE.

THIS is a very useful cordial in faintings and windy colic. The dose is from half a tea-spoonful to a tea-spoonful, in a little water. It is a grateful medicine to the stomach, and frequently forms a part of mixtures prescribed for nervous complaints and general debility.

SAL POLYCHREST.

THIS salt, combined with rhubarb, forms an excellent purgative, at once gentle and effectual in its operation. Ten grains of sal polychrest, with a similar quantity of rhubarb, is a very suitable medicine for children and infirm persons.

SALT OF WORMWOOD.

THIS salt, in doses of ten grains, dissolved in rose-water, and repeated two or three times a day, is very useful for indigestion and bilious complaints.

SARSAPARILLA.

THIS medicine (the virtues of which have been the subject of dispute) is best taken in the form of decoction. Mr. Abernethy and other eminent practitioners are very partial to it; and if its healing powers be trifling, it has certainly the merit of being harmless. Half a pint of the decoction should be taken three times a day.

SENNA LEAVES.

SENNA is a purgative in general use, being active, yet mild in its operation. The infusion is the most agreeable form of giving it. Two drachms should be infused in five ounces of boiling water, a little compound tincture of cardamoms being added to prevent its griping. Sugar or manna disguises its taste, and should be mixed with it, when given to children. The dose of this infusion is from one ounce to three or four ounces.

Senna is an excellent vehicle for Epsom salt, Glauber's salt, and soluble tartar.

SQUILL.

THIS root is serviceable in chronic coughs, asthma, and dropsy; but it must never be used where there is the least indication of inflammation. Copious warm drinks will contribute greatly to its successful operation. The compound squill pill is composed of squill, ginger, hard soap, and gum ammoniac, the dose of which is from five to eight grains, twice or thrice a day. Sometimes a grain or two of dried squill, with a grain of calomel, and a fifth grain of opium, formed into a pill, will also afford considerable relief in many dropsical cases: this pill may be administered every six hours, until it produce the desired effect. The syrup and the oxymel of squill is most frequently used for old coughs; the dose of which is one or two tea-spoonfuls.

SULPHUR.

THE flower of sulphur is a very mild laxative, and is generally useful for the piles; but, if given with a little cream of tartar and lenitive electuary, it will very much assist its operation. Its powers of curing the itch are universally acknowledged. When taken in milk, one or two drachms will be sufficient.

SUGAR OF LEAD.

DR. PARIS considers this salt (combined with opium) to be one of the most valuable resources of physic; of greater efficacy in stopping hæmorrhage from the lungs and womb, than any other known remedy. A pill composed of a grain of the acetate of lead, and one fourth, or half a grain, of opium, may be taken every six hours. Ten or fifteen grains of this salt, dissolved in half a pint of distilled or common water, adding half an ounce of distilled vinegar, will form an excellent lotion for inflamed

surfaces. It must be recollected that sugar of lead is an active poison if taken in too large doses.

SULPHATE OF QUININE.

THIS is a new preparation of bark, containing in a small compass all the virtues of that celebrated substance; and it is now much used on account of the smallness of the dose and the ease with which it sits on the stomach. Eight grains of it are equal to an ounce of the bark itself; so that the common dose is from two to three grains, twice or thrice a day, made into pills with extract of gentian. It may be successfully employed in all the complaints for which bark is proper.

SPIRIT OF HARTSHORN.

THIS is a stimulating and anti-acid spirit useful as a cordial in lowness of spirits, fainting, and languor. It may be taken in doses of fifteen or twenty drops, in not less than a tea-cupful of water. Twenty drops of hartshorn, taken five or six times during each intermission, has cured ague, where bark has proved useless. Externally, it is an agreeable stimulant to the nostrils in fits; or united with two thirds, or one half, the quantity of olive oil, it forms the common liniment for sore throat, or enlargement of the glands.

SULPHATE OF ZINC, OR WHITE VITRIOL.

IT is occasionally serviceable for indigestion, whites, hooping cough, and consumption of the lungs. It is less heating than preparations of iron, and hence it is preferable in any disease, which is attended with general weakness. As a tonic, the dose is from half a grain to a grain and a half, thrice a day, formed into a pill with extract of gentian. In large doses of from fifteen to twenty grains, it acts almost instantly as an emetic. As an external application, sulphate of

zinc is very useful; ten grains dissolved in half a pint of rosewater, is an excellent collyrium for weak eyes. Sixteen grains dissolved in half a pint of water, is a good strengthening injection for whites; and a scruple dissolved in half a pint of rose water, is one of the best lotions employed for scrofulous tumours, after they have suppurated.

SULPHURIC ACID.

WHEN employed medicinally, it is diluted, by mixing an ounce and a half of the strong acid, with fourteen ounces and a half of distilled water. The usual dose of this diluted acid, is from twenty to forty drops, twice or thrice a day, in a wine-glass full of water. As it is injurious to the teeth, it should be sucked through a quill.

SWEET SPIRIT OF NITRE.

THIS is a very grateful medicine in feverish affections, as it quenches thirst, allays heat, and disposes to rest. It acts on the urine, and is therefore proper in dropsy. It should be mixed in rather a large quantity of liquid, as dilution greatly increases its effect. Thirty or forty drops of it may be given every three hours, with three drachms of Mindererus's spirit and an ounce and a half of water. A small quantity of sweet spirit of nitre, added to malt liquor, will give the beverage the flavour of French brandy.

TAR WATER.

THIS water is made by pouring a gallon of common water on two pints of the best Norway tar, which is to be stirred for a quarter of an hour; then, after the tar has subsided, the liquor should be strained, and preserved in well corked bottles for use. Tar water was formerly considered as a specific for many diseases; but of late years it has grown much into disuse. It is, however, sometimes serviceable in cases of indigestion,

scurvy, cutaneous eruptions, and other chronic diseases; and may be taken either cold or warm. In acute cases, it should be drunk warm in bed, and in great quantity. In all cases, two or three pints a day should, at least, be taken.

THORN APPLE (STRAMONIUM).

THIS plant was formerly recommended in cases of insanity; "but, (as Dr. Armstrong observes,) its virtues are now consigned to the tomb of all the Capulets." Dr. Paris, however, considers it to be occasionally serviceable in quieting the mind, and procuring rest, in violent paroxysms of insanity. This substance must be given with caution; therefore, it is generally exhibited in the form of extract, which at first should not exceed half a grain twice a day, the quantity being gradually increased to three or more grains in the twenty-four hours. Smoking this herb is not without its danger.

TURPENTINE.

OIL of turpentine is sometimes beneficial in habitual coughs, gleet, whites, discharges from the urinary passages, chronic rheumatism, infantine convulsions, and worms; and may be taken two or three times a day, in doses of from twenty drops to a drachm. By means of a little yolk of egg and mucilage of gum arabic, it may be mixed with water. To expel worms, the quantity should be increased to six drachms, or even more; but this quantity must be taken while floating upon water. Should these doses not operate by stool, some castor oil must be administered. The dose of Venice or canada turpentine, is from ten grains to a drachm, made into pills, with powdered liquorice root, and repeated three or four times a day. The oil of turpentine is an excellent addition in external applications, particularly in

embrocations for chilblains, indolent swellings, &c.

WORMWOOD.

THIS plant is now seldom employed, although formerly it was prescribed for ague, gout, and scurvy. Its powers are acknowledged for expelling the smaller species of worms, for which purpose, one

or two scruples, in powder, may be taken two or three times a day. An infusion may be made by pouring a pint of boiling water on an ounce of the plant; and an ounce, or an ounce and a half, may be taken two or three times a day. Wormwood is much used by the brewers of porter, &c.

ARTICLES

REQUIRED TO BE KEPT IN A FAMILY MEDICINE CHEST.

A graduated Glass, for measuring fluids, the dose of which is from one drachm upwards.—A minim Glass, for measuring fluids, the dose of which is in drops. The graduated Glass and minim Glass may be had at Apothecaries' Hall.

A Pestle and Mortar, either of wedgewood ware or Glass.—A Glass Funnel.—A Spatula for mixing ointments, &c.—A Dutch Tile, or Marble Slab, for mixing ointments upon, &c. All these articles may be procured at any earthenware shop.

A set of Scales and Weights. A large and small Enema Bag, or Clyster Pipes.

A TABLE OF THE MEDICINES,

GENERALLY EMPLOYED IN DOMESTIC PRACTICE.

Note.—The following list contains the doses usually administered to adults ; which, however, must be diminished according to the age of the patient ; viz.—from fourteen to sixteen, *two-thirds* of the specified dose ; from seven to ten, *one-half* ; from four to six, *one-third* ; three years, *one-fourth* ; one year, *one-eighth* ; six months, *one-twelfth*.

A common sized teaspoon holds from sixty to a hundred drops, according to the nature of the fluid—one drachm is equal to a tea-spoonful—and half an ounce is equal to a table-spoonful.

MEDICINES.	DOSES.	How to be taken.
Aloes (as a purgative) . . .	10 to 20 grains . . .	in pills.
——, (as an alterative) . . .	1 grain, thrice a day	ditto.
——, compound tincture of . . .	1 to 5 drachms . . .	in water, thrice a day
——, etherial tincture of . . .	3 to 5 drachms . . .	ditto.
Alum, whether common or burnt	10 to 20 grains . . .	in water.
Ammoniac gum	10 to 20 grains . . .	in pills, twice daily.
——, milk of	3 table-spoonfuls. . .	thrice a day.
Antimonial powder	5 to 10 grains . . .	honey or jam.
Antimony, precipitated sulphuret of	1 to 3 grains . . .	conserves or jam.
Antimonial wine (as an emetic)	3 to 6 drachms . . .	in water.
—— (as an alterative)	15 to 25 drops . . .	in barley water.
Aromatic confection	10 to 40 grains . . .	in cinnamon water.
—— powder	5 to 10 grains . . .	in water.
—— tincture	1-2 to 2 drachms . . .	ditto.
Assafœtida gum	8 to 30 grains . . .	in pills.
—— tincture	1 to 2 drachms . . .	in water.
Balsam of capivi	10 to 60 drops . . .	in water and mucilage.
—— Peru	10 to 30 grains . . .	ditto.
—— tolu	ditto	ditto.
Bark, Peruvian, in powder . . .	10 grains to 1½ drachm	in water or milk.
—— decoction of	1 to 4 ounces . . .	
—— compound tincture	1 to 4 drachms . . .	in water.
—— infusion of	1 to 4 ounces . . .	
Calomel (as a purgative) . . .	2 to 6 grains . . .	{ in conserve or jam, with six grains of rhubarb.

MEDICINES.	DOSES.	How to be taken.
Calomel (as an alterative) . . .	1-2 to 1 grain . . .	{ ditto, daily, with a grain of James's powder.
Camphor	3 to 20 grains . . .	
— jalap	1 to 2 ounces . . .	in a pill.
Canella Alba, powder of . . .	10 to 30 grains . . .	three or 4 times a day.
Cardamoms, compound tincture . . .	1-2 to 2 drachms . . .	in water.
Castor, powder of	5 to 20 grains . . .	ditto.
— tincture of	1-2 to 4 drachms . . .	in pills or water.
Castor oil	1-2 to 2 ounces, . . .	in water.
Cascarilla, infusion of	1 to 4 ounces . . .	on water or mucilage.
— tincture of	1-2 to 4 drachms . . .	in water.
Catechu, extract of	10 to 40 grains . . .	ditto.
— tincture of	1-2 to 4 drachms . . .	ditto.
Chalk, prepared	1-2 to 2 drachms . . .	ditto.
Chamomile flowers, in powder . . .	10 to 20 grains . . .	in pills.
— infusion of	1 to 4 ounces . . .	
Columba root, powder of	10 to 20 grains . . .	in water.
Columba root, tincture of	1-2 to 4 drachms . . .	in water.
— infusion of	1 to 4 ounces . . .	
Cheltenham salt	1 to 6 or 8 drachms . . .	in water.
Crab's-claws, prepared	20 to 60 grains . . .	ditto.
Cretaceous powder, compound . . .	1-2 to 1 drachm . . .	ditto.
Contrayerva powder, compound . . .	15 to 30 grains . . .	ditto.
Cream of tartar	1 to 8 drachms . . .	ditto.
Colocynth pill, compound	5 to 20 grains . . .	in pills.
— extract, compound	3 to 20 grains . . .	ditto.
Dover's powder	8 to 15 grains . . .	in conserve or jelly.
Electuary, lenitive	1 to 8 drachms . . .	alone.
Elixir of vitriol	10 to 60 drops . . .	in water.
Emetic tartar	1 to 3 grains . . .	ditto.
Epsom salt	1 dr. to 1 or 2 ounces . . .	in water.
Foxglove, powder of	1-2 to 3 grains . . .	in pill, thrice a day.
— tincture of	10 to 40 drops . . .	in water.
— infusion of	1-2 to 1 ounce . . .	twice a day.
Gentian, extract of	5 to 20 grains . . .	in pill.
— compound infusion of	1 to 4 ounces . . .	
— compound tincture	1 to 2 drachms . . .	in water.
Ginger, powder of	4 to 25 grains . . .	ditto.
— tincture of	1-2 to 2 drachms . . .	ditto.
Glauber's salt	2 to 10 or 12 drachms . . .	ditto.
Guaiacum gum	10 to 30 grains . . .	in pills.
—, ammoniated tincture	40 drops to 2 drachms . . .	on sugar.
Hartshorn, spirit of	15 to 50 drops . . .	in water.
Hoffman's anodyne liquor	1-2 to 1½ drachm . . .	ditto.
Hemlock, powder of	2 to 23 grains . . .	in pill, thrice daily.
— extract of	4 to 30 grains . . .	ditto.
Hiera picra	1-2 to 2 drachms . . .	in water.

MEDICINES.	DOSES.	How to be taken.
Jalap, powder of	10 to 30 grains	in water or pills.
— tincture of	1 to 4 drachms	in water.
Ipecacuanha, powder of	6 to 30 grains	ditto.
— wine of	2 to 8 drachms	in water.
Iron, carbonate of	2 to 30 grains	in pills, thrice a day.
— sulphate of	1 to 6 grains	in pills.
— tincture of muriate of	10 drops to $\frac{1}{2}$ a drachm	in water.
Laudanum—See tincture of opium.		
Lavender drops	1 to 4 drachms	ditto.
Logwood, decoction of	2 to 3 ounces	
— extract of	12 to 20 grains	in chalk mixture.
Magnesia, carbonate of	20 to 60 grains	in water.
— calcined	10 to 30 grains	ditto.
Manna	1-2 to 2 ounces	ditto.
Mercurial, or blue pill	3 to 6 grains	in pills.
Mercury with chalk	4 to 10 grains	ditto or jelly.
Mistletoe powder	20 to 60 grains	in water.
Musk	4 to 20 grains	in pills.
Muriatic acid	8 to 20 drops	in water.
Myrrh, in powder	10 to 60 grains	in pill.
— tincture of	1 to 2 drachms	on sugar.
Nitre, purified	8 to 30 grains	in water.
— sweet spirit of	1-2 to 2 drachms	ditto.
Nitric acid, diluted	15 to 35 drops	ditto.
Nutmeg, spirit of	1 to 4 drachms	ditto.
Opiate confection	10 to 30 grains	ditto.
Opium, powder of	1 to 3 grains	
— purified	1-2 to 5 grains	
— tincture of	10 to 60 or 100 drops	
Paregoric elixir	1-2 to 2 drachms	in water.
Peppermint, essence of	1 to 4 drachms	in water.
Poppies, extract of	2 to 20 grains	in pill.
—, syrup of	1-2 to 2 ounces	alone.
Quassia, infusion of	2 to 4 ounces	
—, tincture of	1 to 2 drachms	in water.
Rhubarb powder	4 to 30 grains	in any thing agreeable.
—, infusion of	2 to 4 ounces	
—, tincture of	2 to 8 drachms	in water.
Rochelle salt	1 to 8 drachms	ditto.
Roses, infusion of	2 to 4 ounces	
— conserve of	1 to 8 drachms	in bolus or water.
Saffron	10 to 60 grains	in pill.
Salt of tartar	10 to 30 grains	in water.
— of wormwood	ditto	ditto.
Sarsaparilla, compound decoction of	4 to 8 ounces	thrice a day.
Scammony, compound powder of	10 to 20 grains	in jelly.
Senna, infusion of	1 to 4 ounces	

MEDICINES.	DOSES.	How to be taken.
Senna, tincture of . . .	1-2 to 1½ ounce . .	in water.
Soluble tartar . . .	1 to 8 drachms . .	ditto.
Solution of acetate of morphia	10 to 60 or 100 drops	ditto.
Spirit of Mindererus . . .	1 to 3 drachms . .	ditto thrice daily.
— wine . . .	1-2 to 1 drachm . .	
— nitre, sweet . . .	1-2 to 2 drachms . .	ditto.
— sal volatile . . .	1-2 to 1 drachm . .	ditto.
— ammonia . . .	ditto . . .	in water.
Sponge, burnt . . .	1 to 4 drachms . .	
— lozenges of . . .	1 to 3, thrice daily .	
Squill, powder of . . .	1 to 3 grains . .	in pill.
— oxymel of . . .	1-2 to 2 drachms . .	in water.
— tincture of . . .	10 to 60 drops . .	ditto.
— pill . . .	10 to 20 grains . .	
Steel—see Iron.		
Sulphur, flower of . . .	1-2 to 2 drachms . .	in treacle.
— milk of . . .	ditto . . .	ditto.
Syrup of poppies, or opium . .	1 to 6 or 8 drachms	
— acetate of morphia . .	1 to 4 drachms . .	in water.
— buckthorn . . .	1 to 2 drachms . .	ditto.
— ginger . . .	1 to 4 drachms . .	ditto.
Tincture of aloes, compound . .	1-2 to 2 drachms . .	in water.
— etherial . . .	1-2 to 3 drachms . .	ditto.
— assafoetida . . .	1-2 to 2 drachms . .	ditto.
— bark, compound . . .	1 to 4 drachms . .	ditto.
— benjamin, compound . .	1-4 to 2 drachms . .	on sugar.
— cantharides . . .	10 to 60 drops . .	
— cardamoms, compound . .	1-2 to 2 drachms . .	in water.
— cascarilla . . .	1-2 to 4 drachms . .	ditto.
— catechu . . .	ditto . . .	ditto.
— columba . . .	ditto . . .	ditto.
— gentian, compound . .	1 to 2 drachms . .	ditto.
— guaiacum, ammoniated . .	ditto . . .	on sugar.
— jalap . . .	1 to 4 drachms . .	in water.
— lavender compound . .	1 to 2 drachms . .	ditto.
— myrrh . . .	1-2 to 1 drachm . .	on sugar.
— opium . . .	10 to 60 or 100 drops	
— valerian ammoniated . .	1 to 2 drachms . .	in water.
Turpentine, Venice . . .	20 to 60 grains . .	in pills.
— oil of . . .	10 to 60 or 100 drops	in water.
Valerian powder . . .	1 to 3 scruples . .	ditto.
Vitriol, elixir of . . .	15 to 40 drops . .	ditto.
Vitriolic acid, diluted . . .	15 to 40 drops . .	in water.
Wine of steel . . .	1 to 4 drachms . .	ditto.
— of meadow-saffron . . .	20 to 60 drops . .	ditto.
Wormwood, salt of . . .	10 to 30 grains . .	ditto.

A TABLE

OF WEIGHTS AND MEASURES USED BY APOTHECARIES, AND THE SIGNS BY WHICH THEY ARE DENOTED.



WEIGHTS.

The pound	. .	℔	contains	Twelve ounces.
— ounce	. .	℥	.	Eight drachms.
— drachm	. .	ʒ	.	Three scruples.
— scruple	. .	ʒ	.	Twenty grains.
— grain	. .	gr		

The grain weights are stamped with punch marks indicative of the number of grains each is equivalent to.

MEASURE OF FLUIDS.

The gallon	. .	cong.	contains	Eight pints.
— pint	. .	(octavus)	.	Sixteen fluid drachms.
— fluid ounce	. .	f ʒ	.	Eight fluid drachms.
— fluid drachm	. .	f ʒ	.	Sixty minims.
— minim or drop	. .	℥		

A modern table-spoon contains about 5 drachms. A dessert-spoon 3 drachms. A tea-spoon 1 drachm.



THE END.

